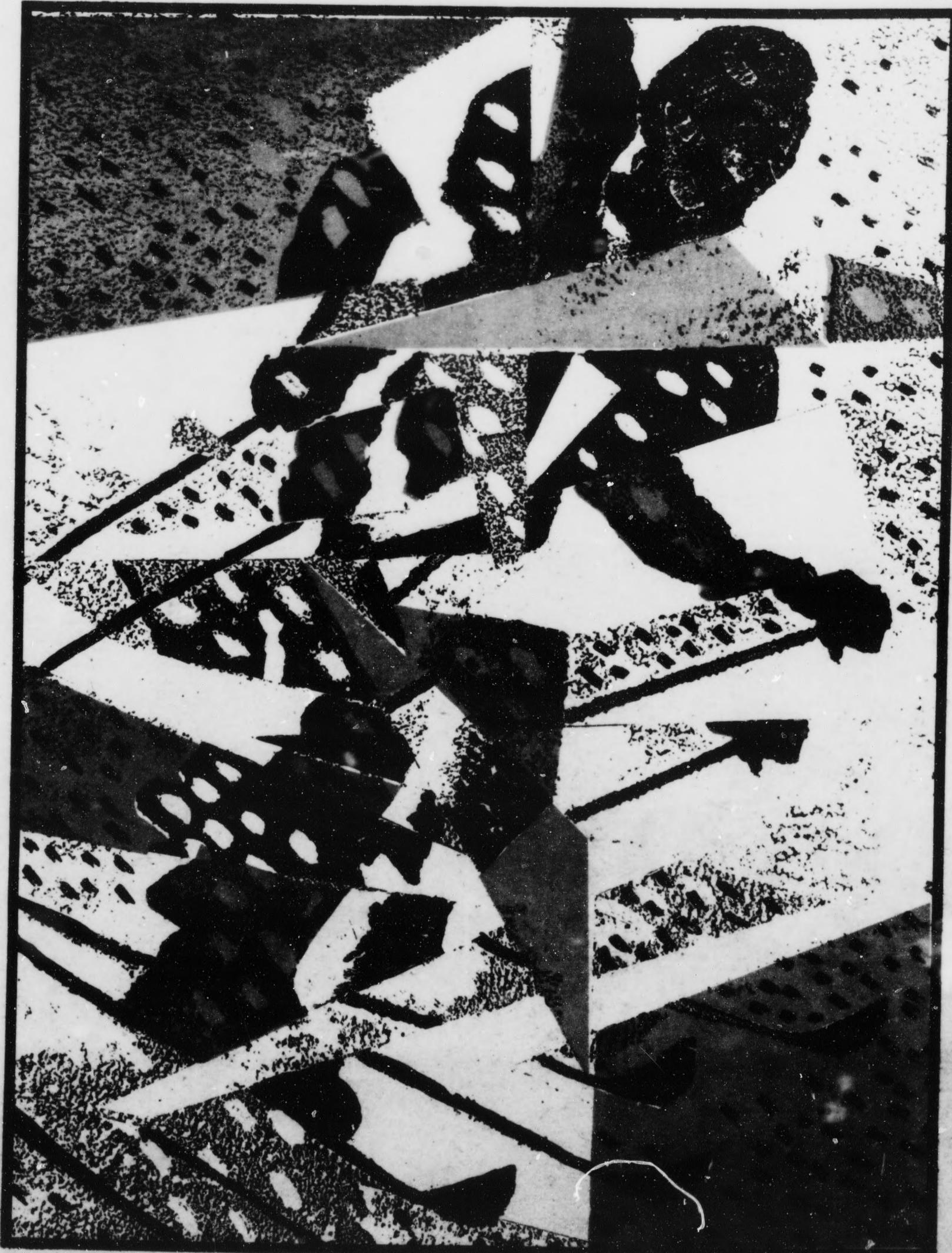


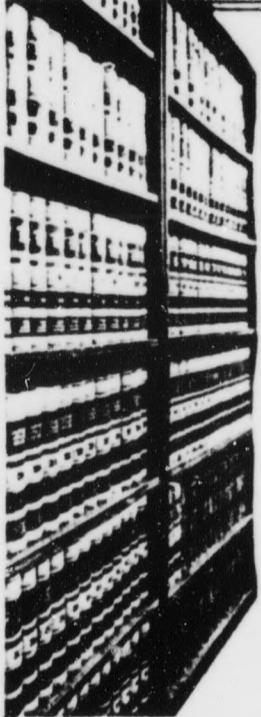
Pastimes

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Stark on the hillside stands a pine
Bolt-riven and wracked by time;
And still, within the naked boughs,
Are nests; and pipers who arouse
And herald the spring.

And with the spring there softly goes
The last of bitter winter's snows,
And Fledglings take to feeble wing;
With clarity of voice they sing
A paean to summer.

The lazy summer's days prolong
That halcyon time of flight and song.
But, then, declines the summer breeze.
The end of warmth and verdant trees
Cry change to fall.

With turn of leaf, advent of fall,
The pipers heed the subtle call.
Each one will lift upon the wing
And, southward bound, will clearly sing
Advent of winter.

Still stark will stand the lonely pine,
But, once again, though wracked with time,
'Twill feel the flutter of the wings,
The urgent hastings of new springs;
Begin another year.

By Stuart R. Clapp
(1915-1975)

TOYS FOR TOTS

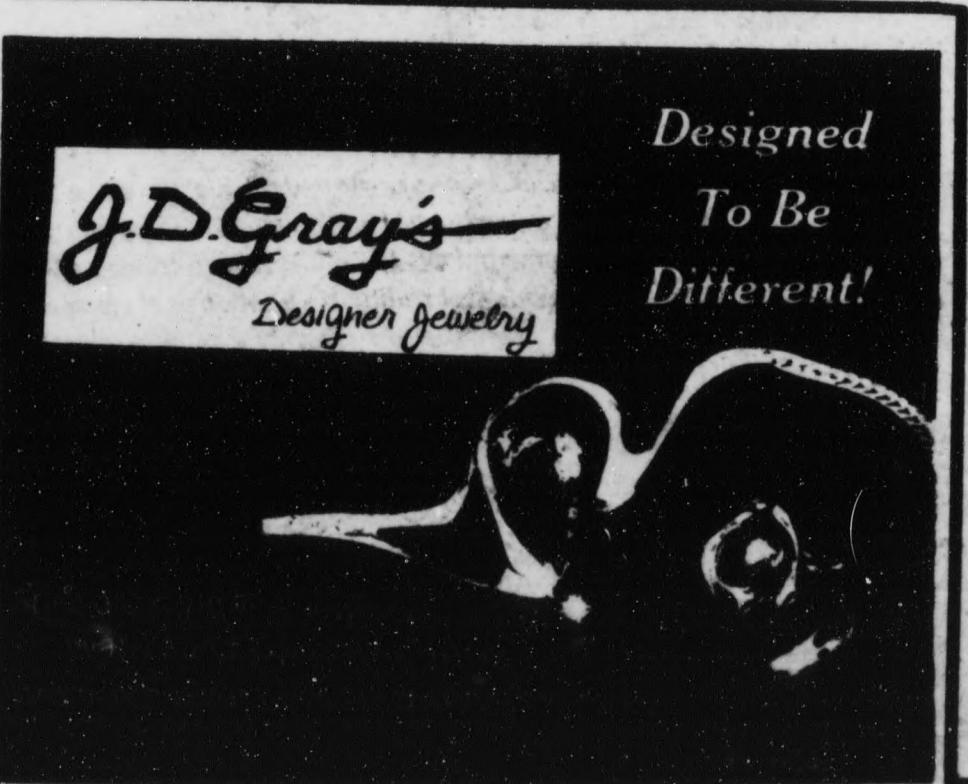


Make this Christmas season Special! New and used toys brought to The State Hornet newspaper office (T-KK) will be distributed to underprivileged children in the Sacramento area. Toys will be accepted Until Dec. 14, 1984

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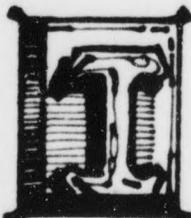
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First Words

by Lynn Hervey and Bill Stancik



It brings out the worst in people, Christmas does.

Grey buildings, grey clouds: it has been raining all day and the city is wet, but still not clean. The car hydroplanes past the onrushing traffic, traffic caught up in the Christmas rush: most have completed their shopping, some continue the search, a few are just beginning. The signal posts sport green cellophane trees and too-bright ornaments — the shopping center is close by.

It isn't supposed to be this way. We should be celebrating the beauty of nature, not the glitter of plastic.

The parking lot — parking is the key word and should be used in the past tense. Cars seem a permanent fixture of the landscape. Predators stalk the lot, seeking to pounce on the first parking space made available by migrating shoppers heading for home. Locked doors are double-checked, for though the gifts inside are examples of the shoppers' generosity, few are able to give their fellow man the benefit of the doubt.

It's tough being an idealist. Where is the love and generosity — are they only to be found on the inside of a Christmas card? Is Christmas only for nostalgia?...is peace passe?

Crowded: the wall-to-wall throng confirms that mankind's foremost bad habit is that of procrastination. The Muzak system pipes "Jingle Bells" over tinny speakers. This is the only calming effect in the otherwise frantic atmosphere. But even that is interrupted with plastic voices reminding shoppers that — Hurry!! — the shops will be closing in 2 hours and 45 minutes. And this is ground zero.

Grown women fighting over dolls: the toy store is losing its playground effect to the tired mothers pulling and crying children pushing and weary clerks wishing they'd all go home.

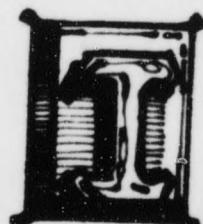
Santa escapes the turmoil — not through the chimney but through the front doors — smoking a cigarette and waiting out his break by the fountain and swearing "never again." Behind him, the Information Desk is flooded with mothers whose packages are accounted for — but whose children have somehow been misplaced.



Commercialism has brought its way into the season. Yet, maybe it's not in vain. Intentions . . . good intentions . . . are there beneath the wrapping and the packaging and the ribbons. And though the cheer of 'Seasons Greetings' seems just that — seasonal — cynicism should not dismiss the importance of intentions short-lived. For, at the base of every charitable act, there lies the good intention.

They are but glimpses, caught in the

corner of one eye: when one turns for a better look, they are gone, leaving only fleeting images but memorable impressions. They are acts of courtesy. A teenager allowing a mother and child to take the last available spot on the long awaited elevator, a crying child being comforted by a caring older man, a patient customer understanding the frustrations of a harried clerk; these acts are unrehearsed — performed out of love — not for the eyes of an audience.



It seems to be slight-of-hand, an example of misdirection. The emphasis has fallen on the gifts with receipts and the gifts we receive. Isn't the most important gift the gift of self? The gift of self is the greatest gift, the most cherished gift, the most selfless gift, perhaps the perfect gift.

It's cold out. The man from the Salvation Army has been ringing his bell, inviting people to give, begging not to be ignored. More often than not he is.

Last night to remember the poor! Don't forget the unfortunate! Appeals to the ideals of charity and the realities of guilt: a chance to buy off your conscience with the odd dime or quarter. Yet in the end, a simple act of good, a moment of generosity, a thoughtful word, a gift of self, all transcend the momentum of reality. It's a catharsis of our spirit — a renewal of the season — an affirmation of love, of life, of self.



A Dickens Of A Carol

By Gladys Allover-Soon

Tiny Tim glanced up from his hideously expensive Atari. "Is this *all* I'm getting for Christmas?"

Bob Cratchit, the young lad's father, sighed heavily. "I just can't afford a Cabbage Patch Doll right now, Tim, what with the second mortgage and the croissant and cappuccino repayments."

"Excuses, excuses," retorted the boy, returning his attention to a particularly bloody game of 'Dismember the Commies' on his computer.

• • •

Ebenezer Scrooge (President, Scroo-Marl Enterprises, Inc.) raised a dubious eyebrow at the cringing Cratchit. "A raise? A raise? My dear fellow, that's quite out of the question. According to the viable interactive enhancement file I have here, you failed to reach sales expectations for our 'Scroo-Marl Wonder Slicers-Mixers-Dicers.' It won't do, Cratchit. It won't do at all..."

"But, sir, it's Christmas, and I need..."

"Good day, Cratchit," sniffed Scrooge with a wave of his hand. As Cratchit turned

"Well?" asked Scrooge impatiently. (He had quickly recovered from shock at seeing Marley because of space limitations imposed by *The State Hornet* editors. Actually, the absence of ghosts of Christmas past, present and future may be attributed to the same cause. I bet Dickens never had to put up with this.)

"Christmas isn't all an excuse to sell Wonder-Slicers-Mixers-Dicers, old boy," said Marley. "Allow me to illustrate..."

Suddenly, Scrooge found himself in a scene which Norman Rockwell would have thought too schmaltzy. Neatly dressed children resembling Beaver Cleaver (even the girls), all verging on the comatose before the television set, as "The Grinch That Stole Christmas," "Holiday Inn" and "Rudolph the Red-Nosed Reindeer" parade before their glazed eyes. Grandma quietly belches in time to Bing Crosby singing "White Christmas," while Dad gets discreetly smashed in the kitchen. Christmas past.

"Very nice, very nice...What next, Marley?" asked Scrooge.

"Christmas present, old boy."

Scrooge was immediately faced with the horrid sight of Tiny Tim forcing Bob

Suddenly, Scrooge found himself in a scene which Norman Rockwell would have thought too schmaltzy.

away despondently, Scrooge called to him.

"Cratchit?"

"Sir?"

"Bah, Humbug."

"Beg pardon, sir?"

"Oh, never mind."

• • •

Marley was dead. He had been dead since the Wall Street Oatmeal Rush of 1958. The shock of seeing his cornflake stock plummet had been too much for him. He had expired, leaving sole control of the firm to his partner, Scrooge.

But now, in the dim light of Scrooge's office, here was Jacob Marley, tastefully attired in chains by *Patrick James*, purveyor to pretentious apparitions.

"Let's talk Christmas," said Marley's ghost.

Cratchit to his knees with whiny demands for 'G.I. Joe' Nuclear War kits, He-Man action figures with poseable ankles, Care Bear jockey shorts, etc., ad nauseum.

"Enough, Marley, enough," Scrooge screamed.

"But I haven't even made it to Christmas future..."

"Nonetheless, I get the point. I will reform my ways, and give Cratchit his raise."

"No, no old chap," said Marley, "Too late for that, I'm afraid. I have clear orders to dispatch you forthwith to hell to join the rest of us..."

"Marley, you surely don't mean..." Scrooge exclaimed, aghast.

"Sorry," said Marley, " 'Laverne and Shirley' reruns and Howard Cosell commentaries for eternity. Merry Christmas."

Illustration By Bill Stancik



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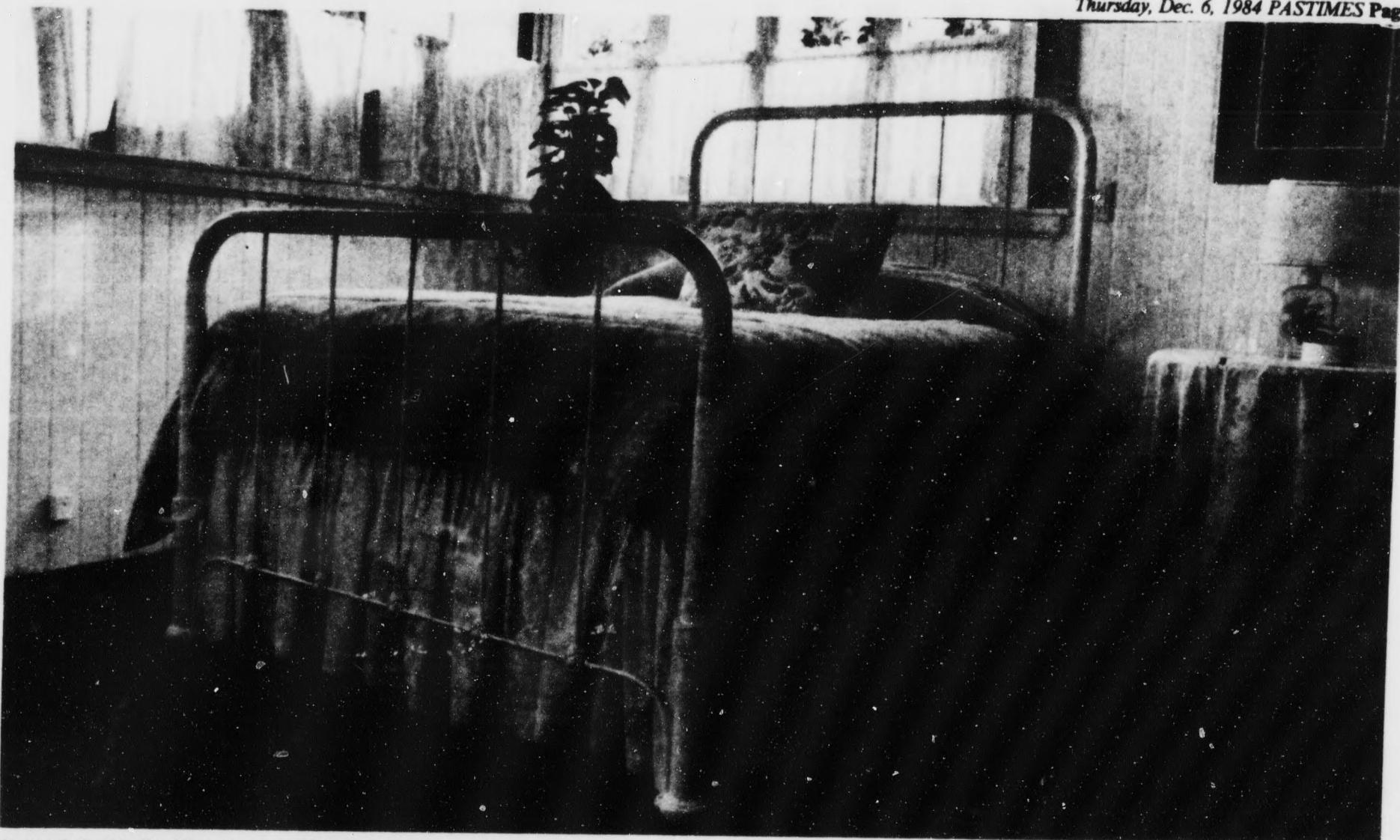
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KEYSTROKES



This comfy bed in the Meersbrook bedroom at the Amber House rests many a weary traveler.

Photo By Sarah Whyte

Bed and Breakfast Inns Offer Escape

By Jane Angelo

A complimentary bottle of wine is waiting in each guest room. A fire is warming the hardwood-floor living room while the small, cozy library serves as an informal gathering area for guests.

This is a brief description of what you might expect to find during a visit to a Bed and Breakfast Inn.

The novelty of the inns is the personal attention each guest receives from the innkeepers. The mood created is one of relaxation and informality; a perfect place for a retreat from the often hectic Christmas season.

Bed and Breakfast Inns have private bedrooms, some with private baths, for their guests. Most of these guest rooms are individually decorated.

The Amber House, located on 22nd Street in downtown Sacramento, has four guest rooms, each with a special decor and name. The Wicklow room has Delft-blue wallpaper with beveled and stained-glass windows while the Lindworth Room has lavender and flower print wallpaper.

William McOmber, owner of the Amber House, takes great pride in his work.

"I love the idea of the one-on-one relationship with the guests and the unique nature of a Bed and Breakfast Inn," he said.

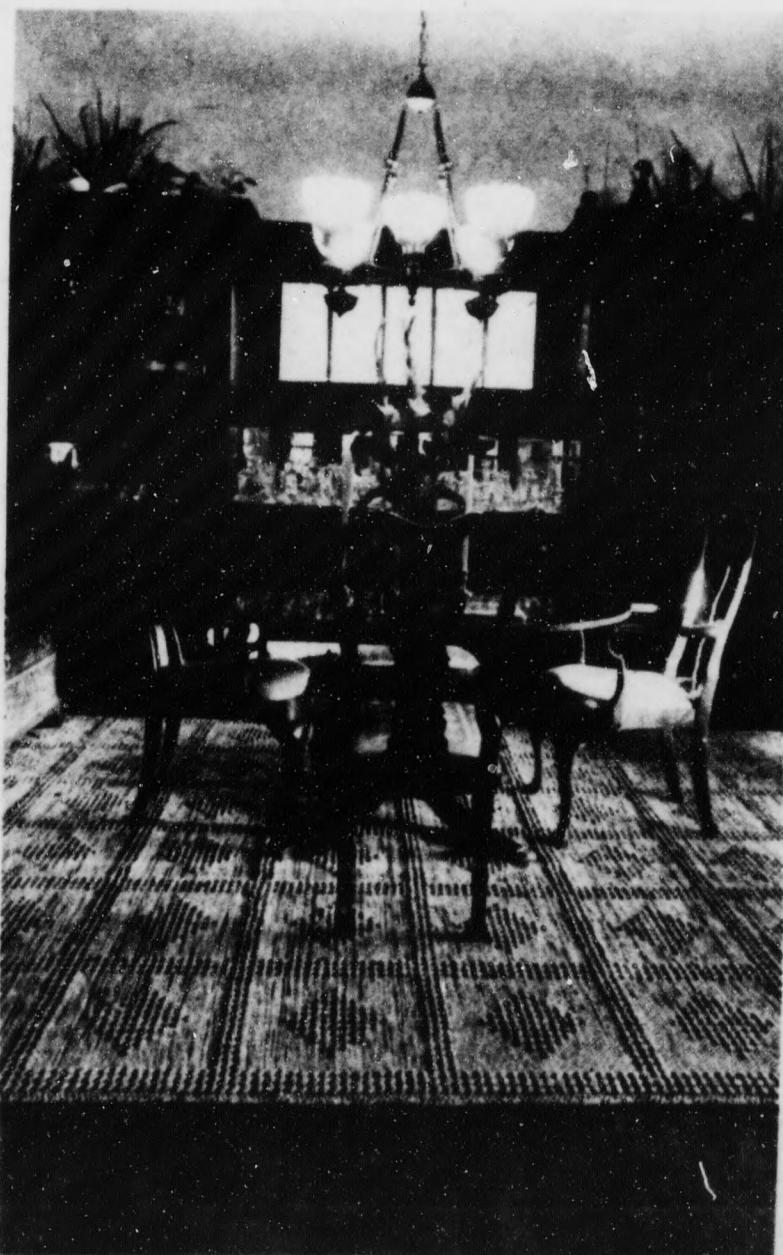
Along with special attention, the guests can look forward to receiving a delicious breakfast each morning. Some innkeepers choose to serve specially prepared meals in the family-style dining area, while others prefer to serve their guests in the privacy of their rooms.

With the Christmas season just around the corner, special plans are being made to decorate the Amber House accordingly.

"The Inn will be professionally decorated for the Christmas season," explained Craig Crick, CSUS student and Amber House employee. He said the tentative plan is to begin decorating one week before Christmas.

Staying at a Bed and Breakfast Inn for one evening can cost anywhere from \$46 to \$75. While not everyone is able to get away to that special resort in the mountains, a trip to downtown Sacramento should be well within reason.

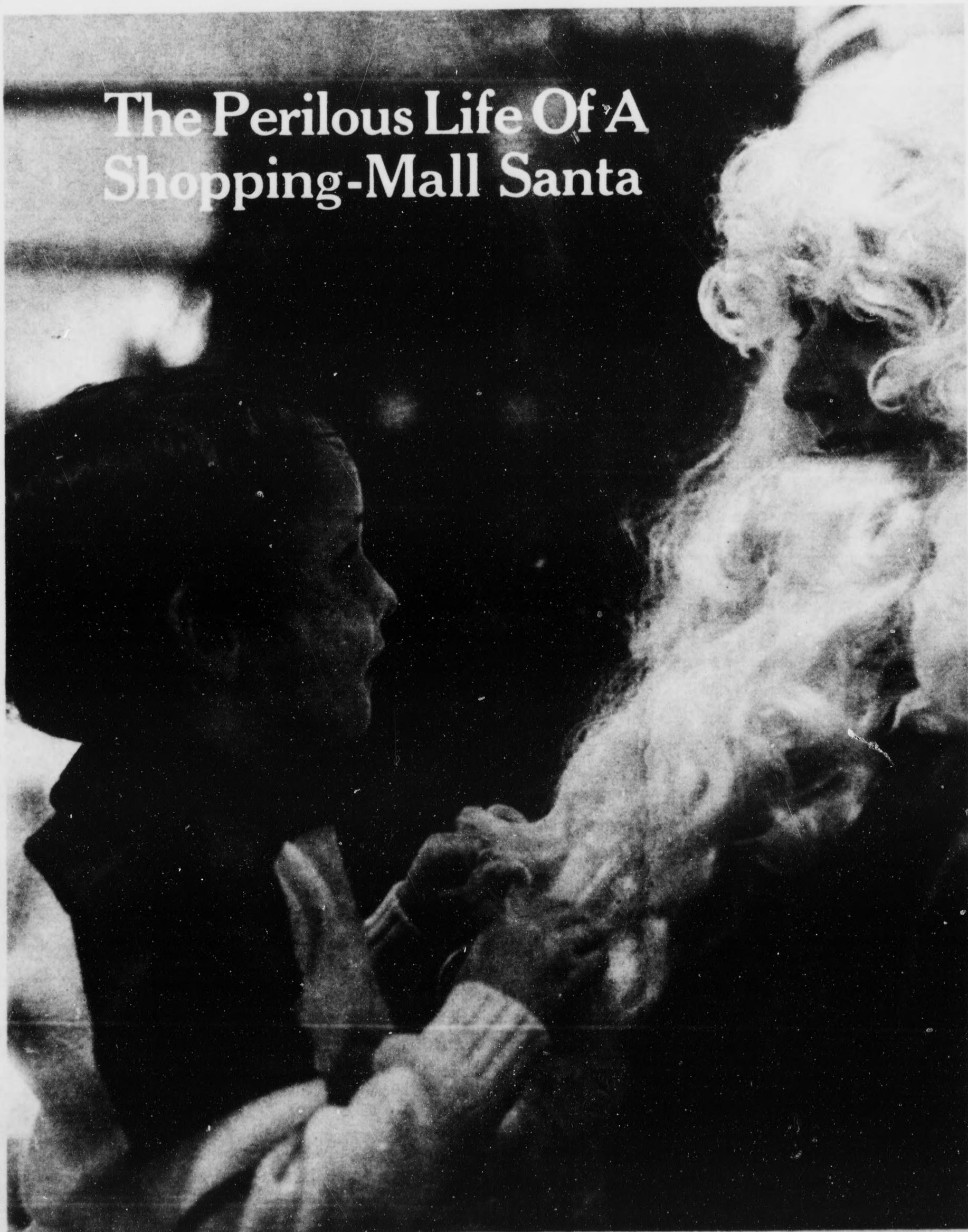
There are several Bed and Breakfast Inns in Sacramento. It is necessary to call in advance to reserve that special evening.



The formal dining room at the Amber House provides a typically elegant setting for eating at a Bed and Breakfast Inn.

Photo By Sarah Whyte

The Perilous Life Of A Shopping-Mall Santa



Santa Claus

By Holly A. Heyser

The only clients Bob McFarland doesn't enjoy are the ones who tell him he's not real. That's just part of being a shopping mall Santa Claus.

It wasn't the job he had in mind when he graduated from CSUS in 1980 with a Bachelor of Arts degree in theater arts. "Quite honestly," he said, "I got into it because I needed the extra income." It didn't take him long to start appreciating it, though. "It's really a joy to see kids experiencing Christmas. You can almost see yourself up there," he said reminiscingly about the annual tradition of hopping on Santa's lap to ask for gifts.

In the off-season, McFarland teaches drama to gifted elementary school students and is

schools that charge up to \$500 tuition for what came so naturally to him.

Profit may not be his primary concern, but the lack of it is reducing the number of Santa Clauses available to children. He said the larger department stores aren't hiring them much anymore because the extra employee cuts into the profits too much. He fears that in the future Santa Clauses will be forced out of the stores entirely and left only with streets for their stages.

Despite the increasing odds, McFarland doesn't fear losing his job. Like Christmas, he believes the spirit of Santa Claus will live on.

No, Virginia, There Isn't A Rudolph

By Mary Fridgen

What?! There's no Santa Claus? Pure heresy, a vicious rumor spread by a group of dissidents trying to undermine the reputation of that jolly old man who lives at the North Pole with a lot of little guys.

In our supposed enlightened age we feel it necessary to crush the fantasy of Santa Claus when it is deemed not psychologically healthy for our children to wait for Santa's arrival. The strange fact is that for three or four years now these same folks have been giving this supposedly non-existent man a big build up. So, we hit them with a slap of

cold truth that it was daddy who ate the cookies and drank the milk they set out for Santa. Screaming children are forced to sit on Santa's lap and tell him what they want.

What is the child to think? In a matter of 12 short months, that Santa Claus is no longer. It makes the adults credibility a little shaky.

"I believed in everything," says Sue, a law student. And when you're a child you believe in Santa Claus intently. He is beyond colds and bad moods. Santa is magical and generous. He is a grandfather whose bursitis never flares up. It is not his fault that his

meaning has become distorted. For hundreds of years Santa Claus was the symbol of generosity and love. He gave gifts from the heart. It is not the children who have changed Santa, but the progress of the world. Santa wasn't meant to be used as a manipulative tool. Threats of no behave, no gifts is the warning this time of year. "Santa is watching you," is the admonishment. Santa's not watching you, he is too busy making toys.

Let's be practical. How can Santa Claus be at Macy's, Sears and Lumberjacks at the same time? Let us remember: when believ-

ing in something, it doesn't have to fit into a practical blueprint.

So, maybe the Claus has a couple of brothers who help him out when his schedule gets a little too hectic.

The arguments about Santa Claus are endless. Some see him as harmless, a part of growing up. A simple pleasure of childhood. Others view Santa Claus as the symbol of consumerism during the holidays. If Santa is used as a tool of Madison Avenue, so be it. He still has the ability to charm the children like six-year-old Jessica who said she likes Santa Claus, "cause he's nice, just because he's nice is why I like him."

director of *Theater To Go*, a CSUS-based non-profit touring group.

The day after Thanksgiving, however, he dons his red suit and beard (the belly is authentic, he said) and heads out to the Arden Fair Mall.

At Arden Fair he sees about 300 children a day, compared to the estimated 1,500 per day who storm Sunrise Mall in Citrus Heights. McFarland prefers the smaller crowds because he can take time, perhaps as much as five minutes, with each child. If business is really slow, he likes to walk around the mall and hand out candy canes. "It's more important...to give out good will than to make money on pictures."

According to McFarland, children typically ask for the latest items from the big toy manufacturers — last year it was the Skeletor action figure and Cabbage Patch Kids — but he often gets other requests. Children will say, "My sister's sick. Please make her better for Christmas," or "Please bring my daddy home for Christmas." It is even common, he said, for adult women to confide they have lost a husband by death or separation and wish not to be lonely or Christmas. Though all these requests reflect sadness, McFarland always sees a vein of hope running through them.

Last year he found regular customers in a group of mentally handicapped people from their teens to their 40s. Every week they would stand in line for the chance to talk to Santa Claus. "Some of these people are 40-year-olds and they're still kids. They still love Santa Claus," he said. He became familiar with and learned to communicate well with many of them, something for which he feels pride and accomplishment.

The few drawbacks of the business are minor. At least two or three times each season a young child will, because of excitement or nervousness, forget his potty training. As McFarland put it, "If someone wets on you in the morning it can be miserable all day long because you can't change clothes."

As mentioned, the skeptical children who tug his beard and denounce him are annoying because they spoil it for the other children in hearing distance. Maintaining and living the fantasy is important to McFarland.

One of his most unusual experiences occurred when a group of punk rockers stopped and addressed him. "Kill you, Santa Claus...kill you!" they said. "Bizarre..." was his reaction.

Aside from experiences like that, he enjoys the way people treat him when he is in costume. "(If) your true identity is hidden, people like to touch you, to look into your eyes." He discovered this when he was previously the K108 Beaver. When the costume is this particular red suit, people put a lot of trust in the man in it. "You can hug him — he's not gonna bite or kick you," he explained.

At first he thought his background in theater would give him an edge over other Santas, but he soon found out that training didn't matter. "Anyone can do it. The only type of person who couldn't would be an absolute Scrooge." He laughed about Santa Claus training



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Survival

Making It Through The Family Reunion

By Denise M. Millar

I could hear the murmur of the car engine start up as I finished dressing. Tonight was Dec. 24, Christmas Eve; yes, also known as...The Family Reunion.

Dreading to see all of my pleasantly plump and round-faced relatives, I slumped down in the backseat of our Nissan Maxima. Imagining every relative pinching my cheek made my face ache at the thought of every tweak. Each grandma says the same thing every year — "My, it looks like you've

We approached the door to my Aunt Erma's house and immediately were greeted by my Uncle Jack, a tall skinny old man with a head of peach fuzz. At his heels were my herd of cousins, mob of aunts and uncles and my grandparents. After 10 minutes of "huggy-kissy" exchanges on the front porch, I attempted to find my way to the rusty old screen door and sneak into the house. The others followed shortly.

The coast was finally clear. I headed for the Christmas tree, only to be halted by my

turkey, glazed ham, cranberries, mashed potatoes, hot rolls, an assortment of pickles and olives, yams, various jello-mold salads, stuffing, gravy and pumpkin pies.

The warm dishes full of goodies were passed around the table clockwise. Uncle David, who doesn't know his left from his right, always messes up "the passing system"; it never fails. No wonder I was seeing the same dishes twice, and due to his mess-up, our end of the table was delayed in the turkey department.

who was ready to open presents?

The relatives started to make their way over to the comfortable living room. The tree was brightly lit and the fireplace was aglow. The women were clearing the dishes from the table, and the men either lit up their pipes or just moaned and groaned from their over-stuffed bellies.

When the table was cleared, the presents were passed out. Paper and ribbons were thrown about as open boxes appeared around the room. All the younger children

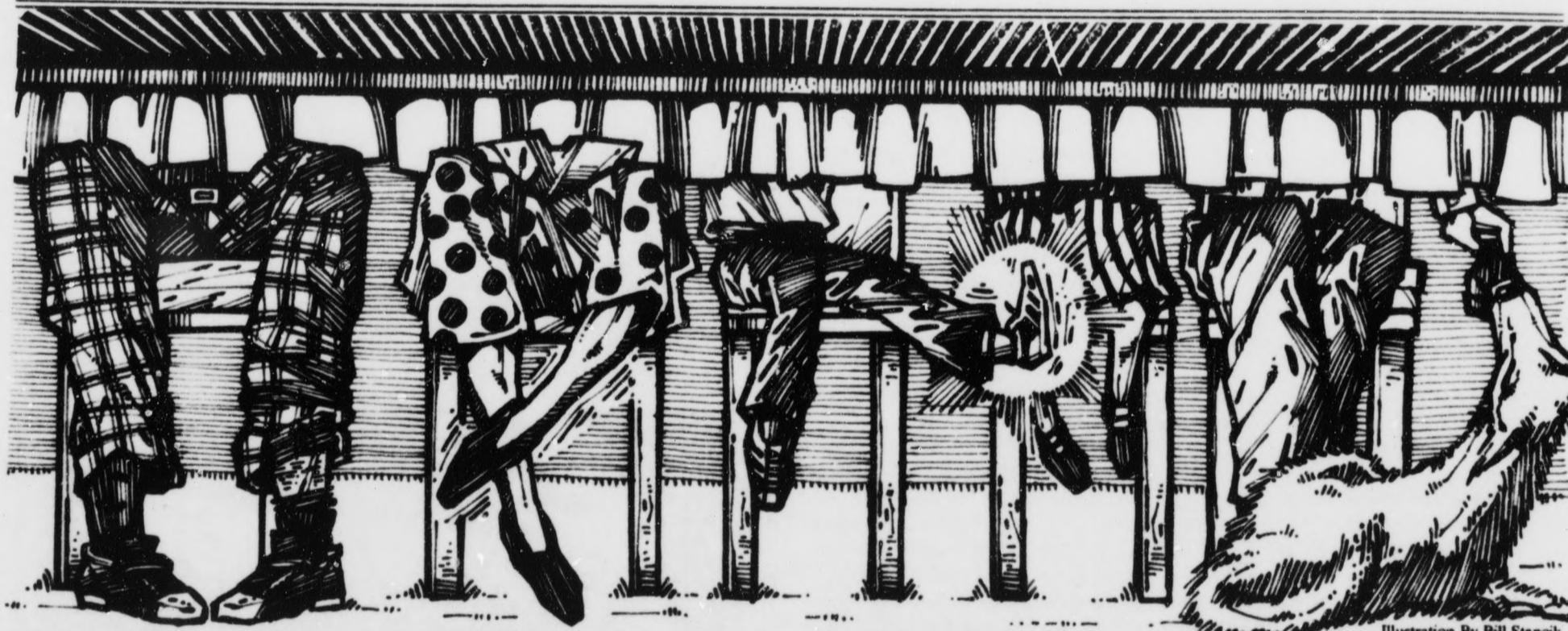


Illustration By Bill Stancik

grown at least an inch taller since the last time I saw you." It's ridiculous how they see me every year, but they insist I keep on growing taller. If it is true, I'd hate to see myself in 20 years. The screeching of brakes startled me and broke my deep thoughts. Gulp — we had arrived.

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During dinner there was the usual conversation about college, friends, dates, classes, business, operations, church functions and the latest "gossip." Between munches and gulps, my relatives asked me dumb questions about boys and my girlfriends at college. I rolled my eyes hoping to avoid them, but darting glares from my mother forced me to reply "fine."

I hated having my three-year-old cousin Daniel at the table because he prefers to throw, instead of eat, his food. Since I was dressed in a silk-polyester pastel dress, I was terrified of the cranberries, which soon may have been catapulted at me. Throughout the meal I kept glancing at Daniel to make sure his fists were empty. I was relieved when the boy spilled gravy on my Uncle Dennis' pants, because my Aunt Robin then sat Daniel in his playpen away from the table. Half-finished or empty plates were left on the table from dinner and dessert, as all my relatives sat back and sipped their coffee.

Now my cousins formed a circle in the living room around the tree. They were all poking and shaking various boxes. Guess

immediately started to play with their toys, while the older adults talked about how economical each gift they received was.

The Christmas music was barely decipherable over the chatter in the room as it played softly in the background. Mom motioned to me that it was time to pack up and go home.

Since I had bundles of boxes, cookies, leftovers and candy, I was easy prey for any uncle, aunt or grandparent who wanted to hug or kiss me good-bye.

Finally after all the mushy relative stuff, we made our way with lipstick kisses and armfuls to the trunk of the car. It looked as if we had cleaned out a shopping mall. As the last few relatives said their good-byes, we packed ourselves into the car and headed for home.

The ride home seemed special in a way that I would and could not decipher, as I thought back on the evening of surprises.

The best and most important part would be kept a secret between me and my diary. I couldn't wait to write that I...Denise M. Millar...had survived...another...family reunion.

Pass The Popcorn

New Films In Theaters For Holidays

By Patricia Altenburg

Looking for an alternative to ski-lift lines? How about movie-theater lines?

The holiday season traditionally brings a flurry of new releases. Christmas 1984 is no exception.

Century, Cinedome and Capitol theaters have seven new flicks and one rerelease on tap.

Dune, *The Cotton Club*, *2010*, *Beverly Hills Cop*, *Supergirl*, and *Baby* are the new releases. Walt Disney's *Pinocchio* is the rerelease.

Dune followers have waited 19 years and four sequels to match their fantasy with Hollywood's version. Published in 1965, *Dune* won the Nebula and Hugo awards for the best 1965 science fiction novel.

Set in a world of strange creatures, this classic science-fiction novel by Frank Herbert deals with "intergalactic family feuds, political intrigue and planetary survival." This film may not be for the squeamish, however. Topping the strange creature list are giant worms — created by Carlo Rambaldi, who is famous for *E.T.*

Sting, vocalist for the Police, and Kyle MacLachlan head the human cast in *Dune*. Sting portrays Feyd-Rautha Harkonnen, the anti-hero. MacLachlan is the hero, Paul Atreides. One film reviewer claims their good-guy/bad-guy climactic knife fight is a "high point" of the film.

Cotton Club stars Richard Gere, Gregory Hines (*Deal of the Century*) and Diane Lane (*Streets of Fire*). It's a Francis Coppola film (*Apocalypse Now*, *Black Stallion*, Gerry Brown's presidential announcement) dealing with the jazz era. "Where crime

lords rub elbows with the rich and famous. Where deals are made, lives are traded and the legends of jazz light up the night." — per poster with Gere sneering.

Starman — "1977 Voyager II was launched into space, inviting all life forms in the universe to visit our planet. Get ready. Company's coming." This Michael Douglas-Larry Franco Production stars Jeff Bridges, Karen Allen (*Raiders of the Lost Ark*) and Charles Martin-Smith (*Never Cry Wolf*). The movie director is John Carpenter of *Halloween* and *Escape from New York* fame.

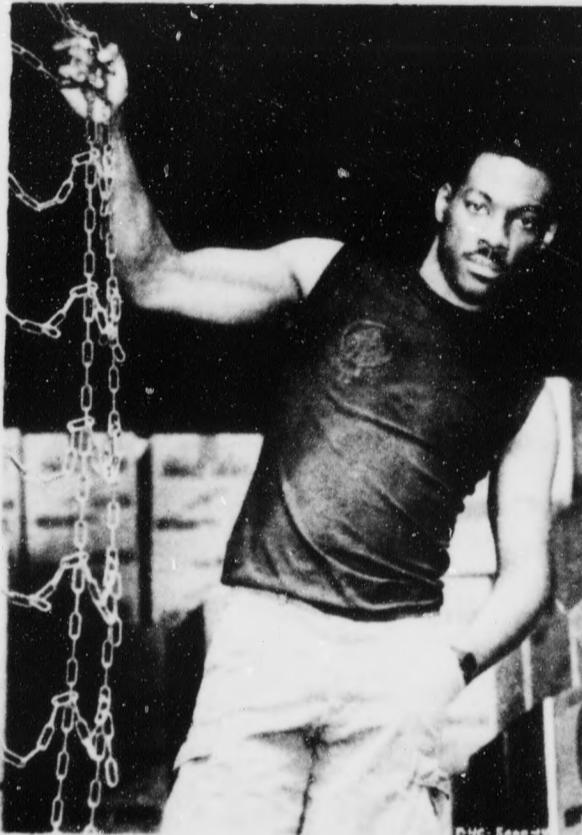
2010 is a sequel to *2001: A Space Odyssey*. (Perhaps we'll find out what Hal has been up to all these years).

In *Beverly Hills Cop*, Eddie Murphy stars as a Detroit cop completely out of his element as he tracks down a friend's killer through the glittering streets of Beverly Hills. This is Murphy's fourth film for Paramount Pictures, but the first in which he has a solo lead. Before, he has costarred with Dan Aykroyd, Nick Nolte, and Dudley Moore, but *Beverly Hills Cop* will determine whether Murphy can carry a film by himself.

Pinocchio is the Walt Disney classic about a little wooden marionette who comes to life with the help of a good fairy. He has a little trouble handling this new status and resorts to fabrications. He can't get away with it, though — his nose grows with each lie and gives him away. Also starring in this light-weight escape movie is Geppetto, the woodcarver, Jiminy Cricket, Figaro, the black cat, and Cleo, the gold fish.



Jeff Bridges is a harmless alien and Karen Allen is a confused, yet caring woman who becomes his only hope for survival on Earth, in *Starman*. The film is one of many set for holiday release.



Eddie Murphy stars as an unorthodox Detroit detective whose pursuit of a friend's murderer entangles him in a crime web of drugs, smuggling and underworld activities in *Beverly Hills Cop*.

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Simply complete the form below, and mail it along with a photocopy of your current student ID and a check for \$5 to Kirkwood, or call (209) 258-6000 for additional information. Current student ID required.

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Please mail to: Kirkwood Kard, Kirkwood Ski Resort, P.O. Box 1, Kirkwood, CA 95646. Only one person per form. Copy if necessary.

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Kirkwood

Mountain Wolf Has The Goods

By Valerie St. John

For most retailers, Thanksgiving marks the beginning of their biggest buying season, Christmas. But for A.S.I. Mountain Wolf Sports, Thanksgiving represents the start of another season — the ski season.

Mountain Wolf Sports was designed to fit the budget of the CSUS student. The shop provides students with a variety of sports equipment and equipment-servicing at reasonable prices. "Our weekend rates are the same as most people's day rates," said Kevin Madison, a CSUS mechanical engineering major and Mountain Wolf employee.

Mountain Wolf Sports rents Alpine and Demo Head skis. Alpine skis, boots and poles rent for \$8 per day, \$11 per weekend and \$32 per week. Boots, skis and poles can also be rented separately. Demo skis, boots and poles are \$12 per day, \$17 per weekend, and \$53 per week. Nordic skis rental prices are lower, starting at \$6 per day. The store also rents ski clothes, racks, gloves, and snow shoes.

Mountain Wolf Sports also carries equipment for another winter sport, snow camping. You can rent backpacks, sleeping bags, Esolete sleeping pads, two-man mountain tents, ground cloths, backpacking stoves, rain ponchos, portable ice chests and Coleman Stoves.

A student identification card or a major credit card may be used to secure two

complete sets of rental equipment without any additional security deposits.

For those who wish to purchase instead of rent, Mountain Wolf Sports carries Swallow downhill skis, Trak cross-country skis, Tyrolia bindings and Trappuer ski boots this season.

The campus ski shop offers savings if you purchase skis in one of their three packages. For example, included in one of the downhill ski packages are Swallow GT 4 skis, Trappuer boots, Tyrolia bindings and Erit poles. They total \$250 when purchased in a package. If all these items had been bought individually, they would total \$425.

If a student rents skis and then decides to buy a pair, Mountain Wolf Sports will credit the amount of the rental to the cost of the purchase.

Mountain Wolf Sports also provides maintenance and repair services for ski equipment. Offered is everything from hot waxes to complete ski tunes for \$18.

"We have goggles, hats, sweaters, accessories, fanny packs, day packs, bodda bags, ski poles and whatever else anybody needs we should have it, plus we're convenient," Mundelius said.

Mountain Wolf Sports is open Monday thru Friday from 9 a.m. to 6 p.m. It is located in the Temporary Building TW, across from the University Student Union.



CSUS's Mountain Wolf offers lower prices for student budgets in good quality ski equipment.

Photo By Ken Kiplinger

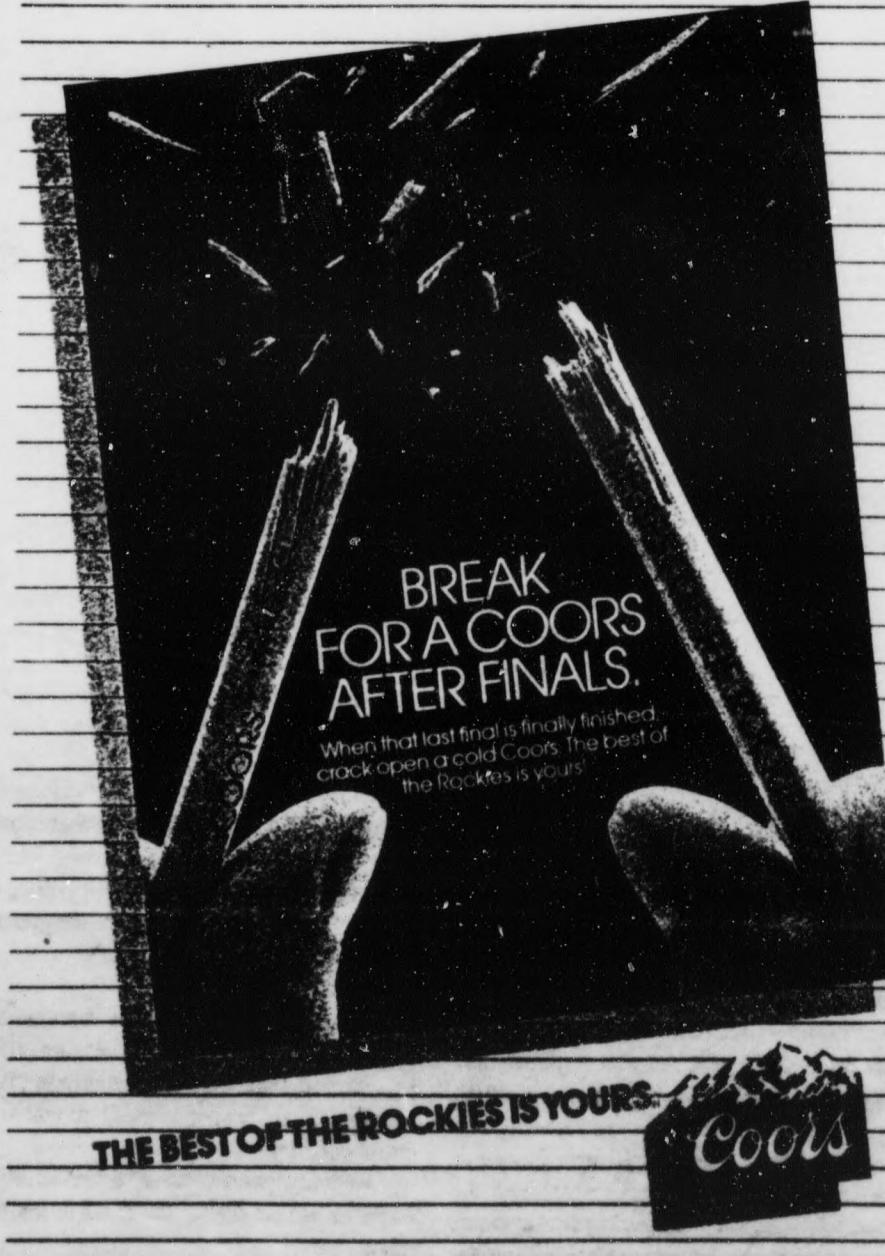
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Mountain Wolf Sports

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\$8 day \$11 wknd

Cross Country Skis, Boots & Poles
\$6 day \$10 wknd

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Mon - Fri • 9 a.m. - 6 p.m.
Located on campus in temporary
building TW across from the
University Union



Dance To The Sound Of Sizzzzling Bacon

By Ramiro G. Carreon

Sizzling bacon. That's what the sound of your skis scraping the snow will remind you of as you slide along the trails. The poles propelling you forward through the fir forest provide a counterpoint, like picks chopping ice. Now pause for a moment to savor the overwhelming silence of the snow-blanketed woods.

Cross-country skiing, America's fastest-growing winter sport, is often called Nordic skiing for its Scandinavian origins. It has really caught on in the United States and, more specifically, Northern California.

Squaw Valley officials say hundreds of people have already called this season inquiring about cross-country trails.

In 1970, the U.S. Ski Association numbered one million cross-country skiers. In 1982, an A.C. Nielsen Poll reported 5.5 million. The United States now has 600 commercial areas for cross-country skiing.



four-fifths of them opened between 1970 and 1980.

One reason for cross-country's emerging popularity is its accessibility. No expensive fees or lift tickets, no standing in line at a chairlift. No jammed eateries. No mobs of hot-doggers and snow bunnies turning slopes into assembly lines.

The sudden allurement is also attributed to the sports unhurried solitude.

When the snow falls, you can ski almost anywhere — on open fields, across golf courses, in the woods, on jogging trails, in parks and at almost every ski resort in Northern California. Almost anybody can do it, from toddlers to great-grand-parents.

Moreover, cross-country skiing is a nearly perfect sport for fitness. Exercise physiologists rank serious pursuit of the sport over jogging, swimming and cycling. According to the American Health Founda-

tion, cross-country skiing is among the most productive activities for cardiovascular conditioning. The sport also increases overall muscle strength and flexibility.

Cross-country racing is popular, but is not the main attraction for the kick-and-glide set. According to Squaw Valley officials, "Gliding through the trees without seeing or hearing anything is what's turning people on." The free-heeled skier can take the absolute minimum in equipment and do extremes with it. It's also cheaper.

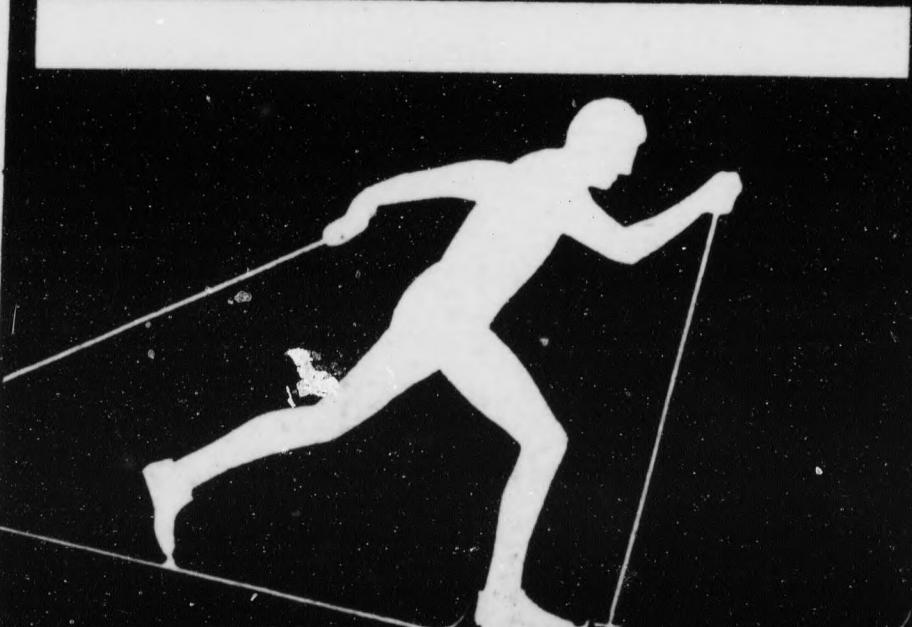
Alpine West, located in downtown Sacramento and in Fair Oaks, specializes in cross-country skiing. Employees there agree the equipment is less expensive than that of its Alpine cousin. Skis, usually made of wood and fiberglass, are generally longer, narrower and lighter than Alpine ones. A complete beginners package (skis, boots, binding and poles) costs slightly more than \$100, compared to over \$300 for basic

rent ^{THE} winter

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Slip Slidin' Away

Don't Be Left Out In The Cold

Ice Skating Is Cheaper, Less Dangerous

By M. Denise Anderson

Skaters from age four to 80 slip, slide and glide across the ice at Birdcage Walk Ice Arena.

For the less adventurous who are intimidated by the perils of downhill skiing, ice skating could be an alternative for winter sports fun. "Skating is 1) cheaper than skiing, 2) less dangerous than skiing and 3) causes fewer serious injuries than skiing," said Bill Tooker, assistant manager at the Ice Arena. "You use more muscles and stretch them more than you do in skiing, besides, you don't have to be *out* in the snow and cold, you can be *in* in the snow and cold," he joked.

If that sounds good, it gets better. Ice skating doesn't require the expensive equipment skiing does. All you need for the first day in the rink is warm, flexible clothing

(sweatpants and shirt are ideal) — add a pair of gloves and you're set, according to Tooker. Skates can be rented for only \$1 at Bird Cage; admission is \$3.

If you are aspiring to become the next Dorothy Hamill, Bird Cage Walk Ice Arena has nine professional skate instructors who teach beginning through advanced figure skating and ice dancing.

Assuming you are a novice, there's room to have fun while you get used to your newly-adopted sport.

You may be hesitant to step onto the ice at first. It can be a bit intimidating to watch 9-year-olds jumping and leaping and twirling in the center of the rink.

Relax, you're not alone. There are plenty of less-seasoned skaters, young and old, clinging desperately to the rail. There is a reassuring sense of camaraderie among

those slipping and falling, and there will usually be a helping hand to scoop you up should you find yourself rump-down on the ice.

You are likely to find yourself in this position if it is your first time on ice. If so, Tooker suggests you stay close to the railing. To get started, put on your skates and attempt to walk on the ice. Once you are used to the feel of the skates on ice — a feeling somewhere between gliding through a cloud and slipping in a puddle — bend your knees and push off from side to side. Before you know it, you will be skating.

Breathe deeply, fill your lungs with the brisk, cool air and enjoy the music and the laughter floating through the arena.

Even if you spend half of your time dusting the blade-made "snow" from the rear of your jeans, you'll probably have fun.

"Why couldn't this be baseball or something else we're semi-good at," giggled one teenage boy as he and his friend scrambled up from their knees for the umpteenth time. "It's fun though, and I'm going to keep coming back," he said and pushed off again, ankles wobbling weakly.

Bird Cage Walk Ice Arena is at 5963 Sunrise Blvd., Citrus Heights. The arena is open for general session:

Tuesday 9 a.m. to noon and 2:45-4:45 p.m.

Wednesday 8:15-10:15 p.m.

Thursday 2:45-4:45 p.m. and 8:15-10:15 p.m.

Friday 9 a.m. to noon and 8:15-10:30 p.m.

Saturday 1-4 p.m. and 8:15-10:30 p.m.

Sunday 1-4 p.m.

For more information, call 966-2875.



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Skating Gains New Popularity

By Nancy Genis

"Whenever there is an Olympic year there is always an influx of ice skaters," said Laura Schroeder, a skater at Iceland Skating Rink.

Schroeder loves ice skating. "I am working my way up the preliminaries. I have been skating since 1976 and eventually I will turn pro," Schroeder said.

Schroeder is part of a close-knit family of friends who ice skate regularly at Iceland, which is located at 1430 Del Paso Blvd. The outside of the building is decorated with green tiles, reminiscent of art deco. Time has passed from art deco but decorators say it is on the rise again. It may be the same case for ice skating. The 40-year-old rink has tarnished edges, but enthusiasm shines brightly in the eyes of many of the skaters.

Twelve-year-old Dennis Sinor travels from Woodland frequently to practice at the rink. She has skated since she was 8 years old.

"I practice often and I have a coach. My goal is to compete and then skate professionally," Sinor said, as she skated off to display her axle that she is currently practicing.

Dennis Sinor, Lara's father and owner of the Inside Edge, a skating equipment store within Iceland's facility, is enthusiastic about the role of ice skating today. "I see a trend for more skating. It is good aerobic exercise but it doesn't tear your knees up like so many other sports," he said.

"Three of my kids skate and they all love

it. It is a lot of fun," Sinor said. The Sinors: Paul, 17, Danny, 16, and Lara, work at Iceland in the snack bar or at other odd jobs in exchange for ice time. "They all love skating so we work it out. This rink is dedicated to the skater and the skaters are dedicated to the rink — it goes hand in hand," Sinor said.

Although the neighborhood on Del Paso Boulevard has negative connotations to many, things seem to be changing. "This area is getting better and soon the light rail will be running right in front of here, that will help us," Sinor said.

Skates can be rented at Iceland for \$1. However, the cost for new skates can reach \$300, but good used skates can be found much cheaper. There are also accessories like blade guards and skating clothing available.

"It's like buying a car," Sinor said. "You can always add things to the basic skates. It is amazing how much better a kid will skate, though, with a skating outfit on," Sinor said.

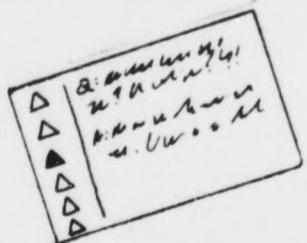
Regular skaters and some visiting professional skaters are opening in an ice skating show titled, "Broadway on Ice," which opens Dec. 29. Show times are 3 p.m. and 8 p.m. and tickets are \$2.

It will be an exciting, professional show," Sinor said.

Iceland's "Learn to Skate" times are Friday, 6:15 p.m. and Saturday, 10 a.m.

Regular skating hours are available by calling 925-3121.

In Pursuit Of Trivia



By D.J. Yannetta

The scramble for Scrabble is long since past and the Monopoly monopoly is fading fast. Welcome to the board game rat race, Trivial Pursuit.

As fads have come and gone in recent decades, the popularity of the parlor game as cheap entertainment has been all but destroyed by national crazes like running, cycling, aerobics and pumping iron, not to mention the high-tech computer game revolution. In 1984, however, Pac-Man is being forced to make room for a new leisure-time champion.

Although it is America's latest obsession, Trivial Pursuit was invented by three Canadian fellows who make Bob and Doug MacKenzie look like mild stereotypes of our neighbors in the Great White North. In fact, this lucrative brainchild of two ex-

journalists Chris Haney and Scott Abbott, with the help of Haney's brother, John, started as a semi-serious idea over a few beers and a game of Scrabble.

Now, four years later, that original idea has remained virtually intact: players ask each other questions from a file of 6,000 questions in six categories — sports and leisure, arts and literature, geography, entertainment, history, and science and nature.



After finding some reluctant investors and convincing the U.S. game manufacturer Selchow and Righter to produce the game, the threesome has developed the formula that has made each of them millionaires.

The July issue of *Canadian Business* estimates that Trivial Pursuit should earn more than \$225 million in 1984 — more than the entire board game industry earned in 1983. With the Christmas season near,



Trivial Pursuit sales are expected to soar, making it the single most popular yuletide item this year. Retailing at most stores for more than \$30, Trivial Pursuit will also be the most profitable package under the tree in 1984.

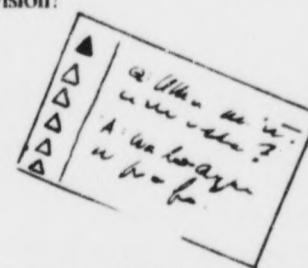
But more impressive than the game's sales is the almost mania-like response it is getting from the American public.

Although the fitness fad still boasts a large number of followers and video games remain popular with the young, Trivial Pursuit unites people over a common ground that excludes physical ability or age. The game exploits the players' knowledge of detail — not their biceps.

John Nason of Selchow and Righter says Trivial Pursuit offers an attractive alternative to video games. "With a video game you sit alone," says Nason. "While playing a board game there is interaction —

moaning, groaning and laughter."

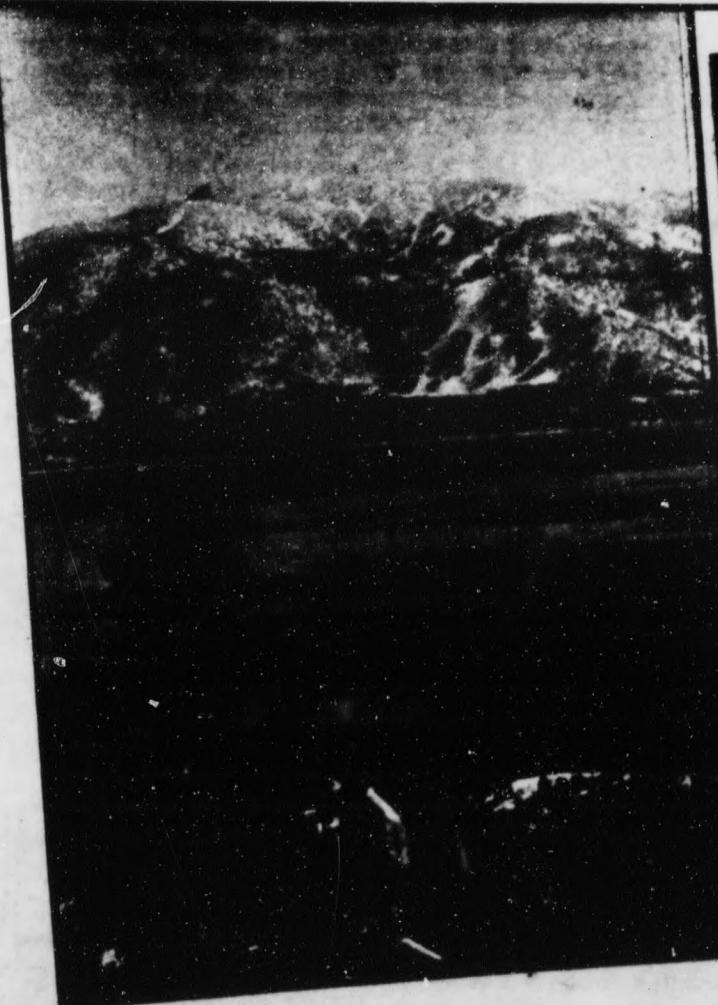
As a diversion for two to 24 players, Trivial Pursuit demands participants be able to answer questions such as: What hospital room number did Ed Norton (of the *Honeymooners*) stay in after being injured in a sewer explosion? What is a newly hatched swan called? Who played Tonto on television?



An unprecedented acceptance of Trivial Pursuit has spawned imitations produced by *TV Guide*, *People*, and *Time*, as well as the resurgence of the game's original inspiration, *Jeopardy*.

Whether Trivial Pursuit will continue to grow in popularity, or go the way of the mood ring, the pet rock and the mechanical bull depends on the public.

If past sales are any indication, though, Trivial Pursuit will likely take its place alongside Monopoly as a perennial favorite.



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ALPINE MEADOWS

Lift Rates: \$24 (all-day); \$16 (afternoon).
Facilities: (open 9 a.m. - 4 p.m.) Two triple chairs, and two pomas serving over 2,000 skiable acres with over 50 miles of runs.

Difficulty Rating: 26 percent novice; 40 percent intermediate; 35 percent advanced.

Phones: 583-6914 (sno-fone); 583-4232 (office).

Directions: I-80 East to Truckee, Hwy 89 north to Alpine Meadows Rd.

BOREAL SODA SPRINGS

Lift Rates: \$14 (9 a.m. - 10 p.m.); \$8 (morning only); \$11 (afternoon & nights); \$8 (night only).

Facilities: (open 9 a.m. to 10 p.m.) 300 acres with eight double chairs and one triple chair.

Difficulty Rating: 30 percent novice; 60 percent intermediate; 10 percent advanced.

Phones: 426-FONE (sno-fone); 426-3666 (office).

Directions: I-80 east to Boreal exit.

HEAVENLY

Lift Rates: \$23 (all day); \$14 (half day).

Facilities: (9 a.m. - 4 p.m.) over 20 square miles of ski terrain with 26 lifts and tram.

Difficulty Rating: 25 percent novice, 50 percent intermediate, 25 percent advanced.

Phones: 541-SKII (sno-fone); 541-1330 (office).

Directions: Hwy 50 East to South Lake Tahoe (end of Ski Run Blvd.).

KIRKWOOD

Rates: \$22 (full day); \$16 (half day).

Facilities: (open 9 a.m. - 4:30 p.m.). Kirkwood has over 2,000 skiable acres that is serviced by two triple chairs, seven double chairs, and one surface. **Difficulty Rating:** 25 percent novice; 50 percent intermediate; 25 percent advanced.

Phones: (209) 258-3000 (sno-fone); (209) 285-6000 (office).

Directions: Hwy 50 East to Hwy 89, south to Hwy 88 and west to Kirkwood.

HOMEWOOD

Lift Rates: \$16 (all day); \$12 (half day).

Facilities: (open 8:30 a.m. - 4 p.m.) One quad chair, one triple chair, one double chair, four surface.

Difficulty Rating: 20 percent novice; 50 percent intermediate; 30 percent advanced.

DONNER SKI RANCH

Get A Lift

Lift Rate: \$15 (weekend & holiday); \$10 (mid-week); \$10 (afternoon, weekend, holiday); \$10 (afternoon mid-week); \$7 (afternoon mid-week).

Facilities: (open 9 a.m. - 4 p.m.) 300 skiable acres with four double chair lifts take you to 35 runs (up to 1 mile long).

Difficulty: Equal amount of novice, intermediate and advanced.

Phones: 426-3635

Directions: I-80 East to Soda Springs/Norden exit. Three miles east of Soda Springs.

MT. REBA/BEAR VALLEY

Lift Rates: \$20 (all day); \$14 (half day); \$18 (students mid-week).

Facilities: (open 9 a.m. - 4 p.m.) Two triple chairs and seven double chairs; 21 miles of runs.

Difficulty rating: 25 percent novice; 50 percent intermediate; 25 percent advanced.

Phones: (209) 735-2308 (sno-fone); (209) 73-2301 (office).

Direction: Hwy 99 South to Hwy 4, East to Bear Valley.

SKI INCLINE

Lift Rates: \$18 (all day); \$12 (half day).

Facilities: (open 9 a.m. - 4 p.m.) Seven double chairs service 21 runs on Ski Incline's 120 acres of north and north-west facing slopes.

Difficulty Rating: 30 percent novice; 40 percent intermediate; 30 percent advanced.

Phones: (702) 1831-3211 (sno-fone); (702) 832-1177 (office).

Directions: I-80 East to Central Truckee exit, California Hwy 267 to King's Beach, State Route 28 to Incline Village.

SIERRA SKI RANCH

Lift Rates: \$17 (all day); \$12 (half day).

Facilities: (open 9 a.m. - 4 p.m.) One triple chair and eight double chairs; 2,000 skiable acres.

Difficulty rating: 25 percent novice; 55 percent intermediate; 20 percent advanced.

Phones: 659-7475 (sno-fone); 659-7519 (office).

Directions: Hwy 50 East to Sierra Ski Ranch exit.

ECHO SUMMIT

Lift Rates: \$13.75 (all-day); \$11 (half day); \$10 (rope tow only).

Facilities: (open 9 a.m. - 4 p.m.) Two double chairs and one surface chair.

Difficulty Rating: 40 percent novice, 40 percent intermediate and 20 percent advanced.

Phones: 659-SNOW (sno-fone); 659-7154 (office).

Directions: Hwy 50 East to Echo Summit.

On A Drift



SQUAW VALLEY

Lift Rates: \$24 (all day); \$16 (half day).

Facilities: (open 9 a.m. - 4 p.m.). Aerial Tramway, gondola, five triple chairs, 17 double chairs and three surface chairs.

Difficulty Rating: 30 percent novice; 40 percent intermediate; 30 percent advanced.

Phones: 583-6955 (sno-fone); 583-6985 (office).

Directions: I-80 East to Hwy 89, then South to Squaw Valley.

TAHOE DONNER

Lift Rates: \$12 (all day); \$8 (half day); \$5 (Mighty Mite only).

Facilities: (open 9 a.m. - 4 p.m.). Two double chairs and one surface chair. 120 miles of skiable terrain.

Difficulty Rating: 50 percent novice, 50 percent intermediate.

Phone: 587-6046.

Directions: Hwy 80 East to first Truckee exit, turn left to Old Highway 40, east to Tahoe Donner exit.



SUGAR BOWL

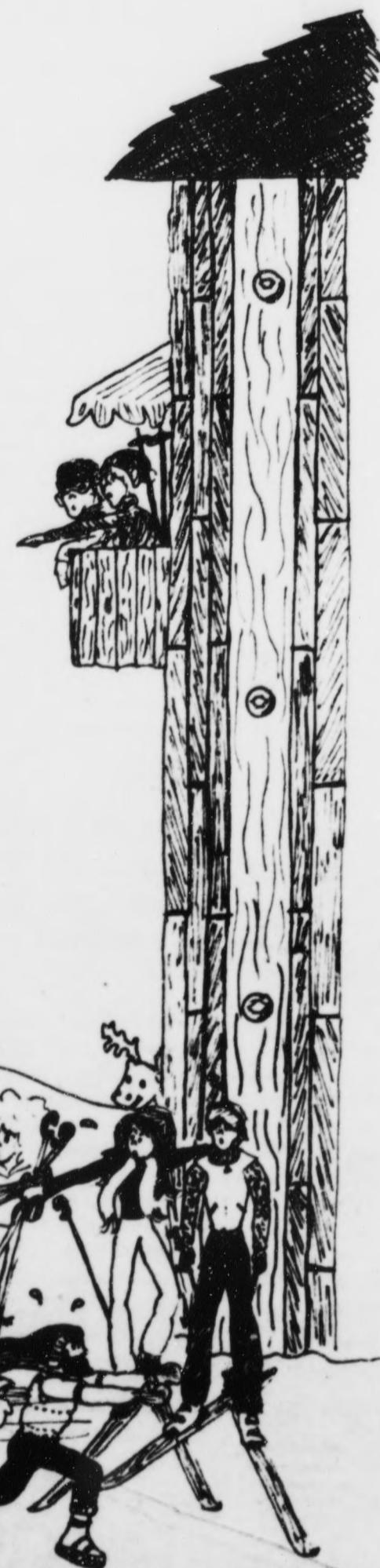
Lift Rates: \$21 (all day weekend); \$17 (all day); \$15 (all day midweek); \$5 (night); no half day.

Facilities: (open 9 a.m. - 4 p.m.). Seven double chairs plus one access double chair and gondola. 1,000 skiable acres.

Difficulty Rating: 20 percent novice; 30 percent intermediate; 50 percent advanced.

Phones: 426-3651 (office).

Directions: I-80 East to Soda Springs/Norden exit, east to tram terminal.



TAHOE SKI BOWL

Lift Rates: \$15 (all day); \$10 (half day); \$13 (students).

Facilities: (open 9 a.m. - 4:30 p.m.). One triple chair, one double chair and three surface lifts. 24 available runs.

Difficulty Rating: 30 percent novice; 40 percent intermediate; 30 percent advanced.

Phones: 525-5224.

Directions: I-80 East to Hwy 89, south to Tahoe Ski Bowl.



Sacramento Ski Bums Unite

Campus Ski Club Heads For Slopes

By Tom McCandless

As sure as bears go into hibernation every year, a typical creature comes out of a six- or seven-month hibernation with anticipation of the wintery season.

Along with the anticipation comes the cleaning and waxing of ski equipment and donning of thermal underwear and warm outer-wear. The ritual is performed by thousands of these creatures.

They are sometimes called "ski bums." CSUS has them, but a large group of these skiers do not believe in sleeping when the snow is gone. This elite group calls itself the CSUS Ski Club.

The Ski Club has been a member of the CSUS community for nearly 25 years, according to current President Roy Jensen, and is the largest club on campus with over 300 members.

aged year-round. The Ski Club has a variety of annual happenings and fund raisers.

One of the biggest money makers is the Ski Club's annual Ski Swap in October. This year the swap was especially successful, according to Jensen, with the money going mainly towards the rental fee of the two cabins.

Also in October is the club's annual Halloween party, which took a strange twist this year when the skiers discovered they could only have a "dry" (no liquor) party. Despite the ruling, the Ski Club managed to attract 400 people with the entertainment provided by the "Briefcase Blues Band." "It was really remarkable," Jensen said. "We were able to cover our costs and come out with a \$100 profit."

The Ski Club presented a fashion show last month with members of the club

"You don't have to be an alpine skier — you can go up and use the cabins and be a Nordic or cross-country skier."

The Ski Club is a social organization and not competitive. Anyone, student or non-student, from beginning to advanced level, can be a member. And the benefits are extensive, both socially and economically.

Members of the club can stay at one of two cabins the Ski Club rents on each shore of Lake Tahoe. For \$3 a night, a member can invite up to three guests and have sole use of the cabin. Ski Club members get a 10 percent discount on ski equipment at Mountain Wolf Sports, as well as occasional special discounts at certain Sacramento ski shops.

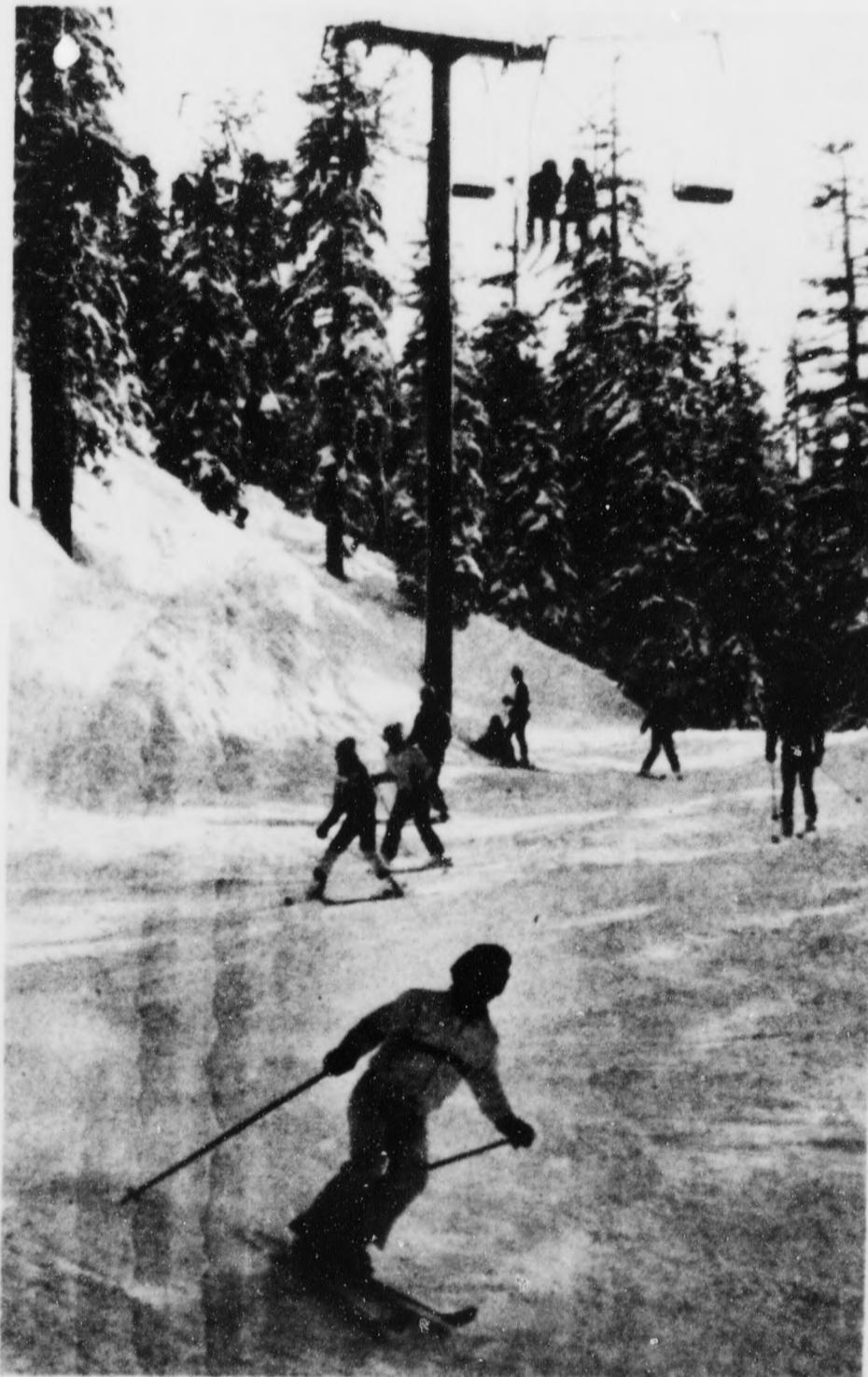
A monthly newsletter is mailed to all members and club involvement is encour-

modeling ski clothes.

The first of two annual ski bashes took place last weekend at Alpine Meadows. The ski bashes are big parties at certain ski resorts in which tickets are pre-sold to members. The second bash will take place in March or April.

This year's "big trip" is to Steamboat Springs, Colo. in January. The response to the trip has been favorable. So far, 180 members have signed up.

During the off-season, the Ski Club remains active with racquetball parties in the late spring and early fall. In the summer the club organizes a softball team under the



Adam Gottlieb/The State Hornet

A day on the Sierra slopes like this await eager winter skiers. Beginner or advanced, student or non-student, you can be a member of the CSUS Ski Club and enjoy the snow and many other benefits.

assumed name of Mobil Maniacs and plays in a league.

Ski Club meetings are a social event as well in which members assemble on Thursdays at 7 p.m. in the Redwood Room in the University Union. The skiers anticipate weekly movies about skiing which follow the meeting. After the films, it's off to a local bar where the first \$40 of a drink tab are bought by club funds.

All of the above benefits for ski club members are covered with the annual membership fee of \$20 for students and \$25 for non-students, which is a great deal according to Jensen, who attributes that it would cost nearly \$35 if they charged what it actually costs. "It would scare people away to pay \$35. If we take a loss, we take a loss. We've had a very profitable year," he said.

Jensen stresses that membership is open to anybody and new members are accepted

any time, although the renewal date is at the beginning of each fall semester. "You don't have to be an alpine skier — you can go up and use the cabins and be a Nordic or cross country skier."

Jensen is a junior business major with a concentration in management information systems. He contributes 25 hours per week to the Ski Club in addition to a part-time (20 hours) position at Macy's. "The position of president has given me some very good experience as far as management is concerned. That's valuable to me," he said.

"I've made a lot of friends and everyone seems to get along real well. We don't get people going off in their own directions. It's sort of like a co-ed group of good friends — we have a lot of good times," he said.

As for club goals, Jensen would like to see the membership increase and for there to be a long ski season — something all "ski bums" out there are hoping for.

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Bigger Is Better For Race Club

By Sandra Arnaudo

While winter storms drop blankets of powdery snow over the mountains, the CSUS Downhill Racing Club is anxiously preparing for a competitive and fun-filled ski season.

Due to lack of organization in previous years, relatively few people even knew a racing club existed on-campus.

But all that has changed. This year membership is at an all-time high with 66 people in the club.

Racing Club President Dave Duncan, 23, a biology/chemistry major, organized this year's successful group. Its meetings are held every Thursday at 7 p.m. and the only prerequisite to join is to carry a minimum of 6½ units. No previous racing experience is required.

national competition in McCall, Idaho, March 6-9.

The second league is the United States Recreational Ski Association (USRSA), sponsored by Henry Weinhard's. This league is called the Henry Weinhard College Cup.

"This is really big in Southern California and this is the first year that they moved to Northern California," Duncan explained.

The College Cup consists of 13 races in slalom and g.s. Men and women novice, intermediate and expert skiers compete for first, second, and third place in each of the three ability levels.

"It's to our advantage to have a lot of racers in this league because it heightens our chances to accumulate points," Duncan said. The club that attains the most points



Photo By Adam Gottlieb
One of the primary functions of the CSUS Racing Team is to ski down hills.

In preparation for the races, the club has been holding informal dry-land training sessions. These Sunday afternoon workouts include stretching and running drills to strengthen muscles and perfect techniques to help prevent injuries, according to Duncan. These racers will eventually compete in two separate leagues.

One is the Northern California Ski Association (NCSA). This league offers nine races from January through February.

The NCSA league consists of different divisions — slalom, giant slalom (g.s.) and cross-country. Members accumulate points in each division, and at the end of the season the club with the most points is the NCSA champion. Then, the top 14 racers, seven men and seven women, will go on to the

will compete against the Southern California team March 3 in Heavenly Valley.

The winner will go on to the Nationals in Purgatory, Colorado.

"We have a very good chance of reaching the Colorado championships and the Nationals," Duncan said, attributing his confidence to the large number of talented skiers in the club.

While CSUS competes against schools such as UC Davis, Stanford University, and UC Berkeley, generally the strongest racers have been from Sierra College and CSU Chico. "We have a very good chance of beating those top two schools this year," said Duncan, who has been skiing for 15 years.

While many members are serious racers, not all are out for intense competition.



Bill Stancik, The State Hornet

"We don't want anyone to feel intimidated," said Vice President Mark Cooper, 22, civil engineering major. "A high percentage of members are novice racers.

"Sometimes people are leary to go out for the club because they don't have time to compete in all 13 races. It's not mandatory to race in all 13; if you go to half of them, that's great," he said.

The club competed in its first race of the

season last weekend at Mount Rose near Reno. This race determined the ranking of skiers on the team based on their performance. This ranking is subject to change according to improvement of the racers throughout the season.

"Another plus is that the Henry's league puts on a party with free beer after each race," Cooper said.

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Indoor Games May Be Right Up Your Alley

By Jeff Farrow

If the most exciting games you own are Battleship and Candyland, and you can't find anyone to play strip-Twister with, you may have to look elsewhere for indoor recreation this winter. Now get your minds out of the gutter — "indoor recreation" also means games like bowling, pool, darts, etc.

Say you've got two or three friends together and are looking for something to do — bowling might be your best bet. It's cheaper per hour than a movie, and a far more sociable activity. Making small talk during a film is generally *not* acceptable.

the drive to get it in the Olympics. There's a good chance it might be an exhibition sport in the Seoul Olympics, and that might get more young people interested," explained Jones.

If you're not Olympic bowling material and would just like to learn a few basics, such as how to avoid bouncing the ball down the lane, South Bowl offers a few beginning lessons from their junior coach.

If South Bowl, near Florin Road, is farther than you'd like to travel, Country Club Lanes Bowling is a bit closer to

and there's usually a party or something going down in the bar."

Country Club Bowl manager Dave Haness adds that rates vary according to time of day.

"Normally, we charge \$1.25 per line before 6 p.m. and \$1.50 per line after 6 p.m. But if you want to save some money, try bowling after midnight. It's \$1.10 a line on weekends and 70¢ a line on weeknights."

What about the poverty-stricken student? "come in anytime between 6 a.m. and noon on Sunday and we charge just 50¢ a game," Haness said.

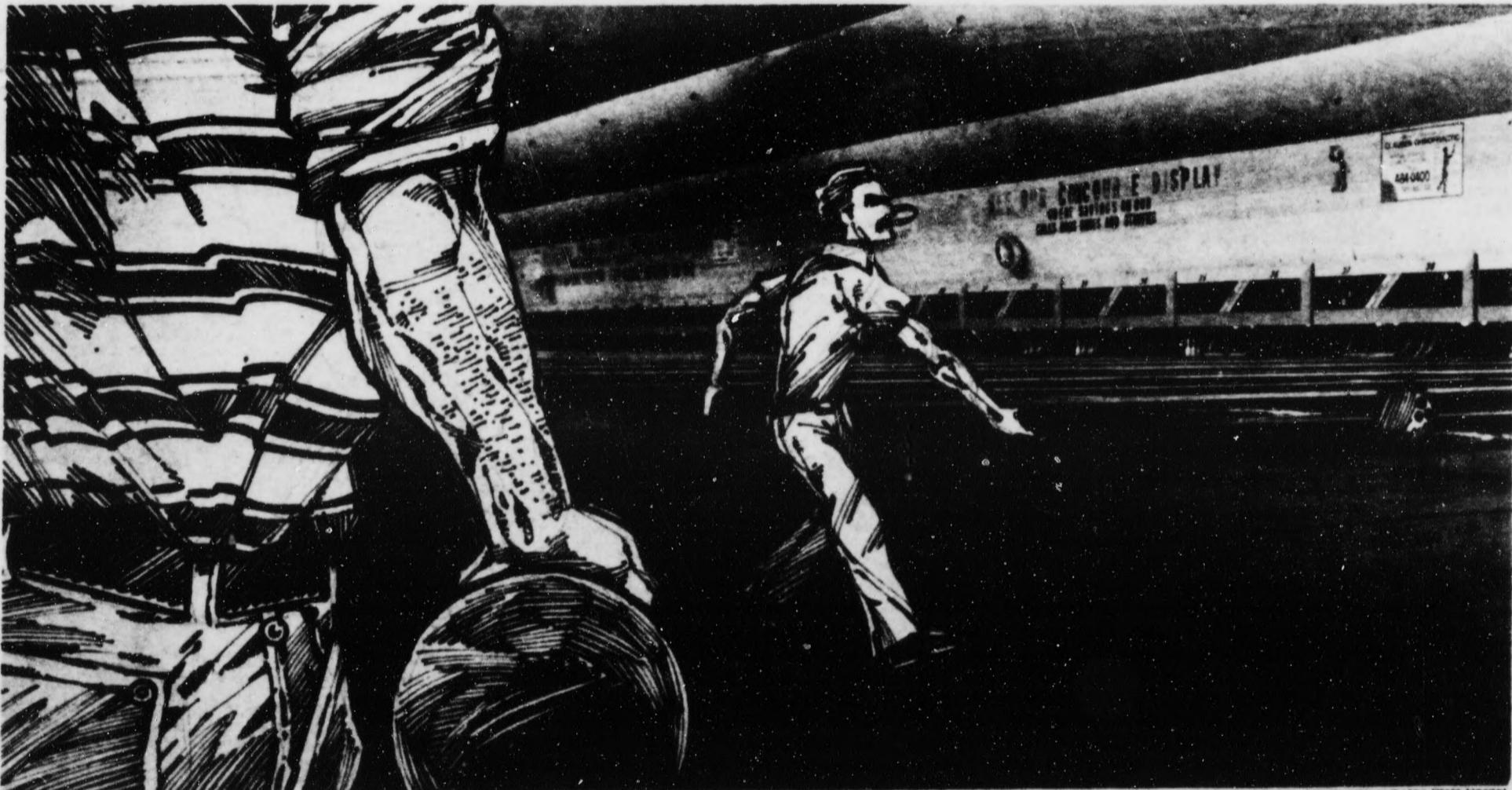
But like any good thing, supplies are sometimes limited.

"We generally have league bowling on weeknights until 11 or sometimes 12, so it's tough to get a lane. The best time is Saturday — day or night."

You won't find an explanation of snooker here, as not even Seven Pillars' proprietress could explain the game. "It's a longer table and uses different balls," she said. "That's all I know about it."

Seven Pillars also has a quality hardwood shuffleboard table, coin-operated for 50 cents. Thursday, Friday, and Saturday nights are popular at Seven Pillars, but most any other night or day there should be ample open tables.

Suppose you have the gang together and no one can agree on what to do. Half the group wants to bowl and the other half wants to shoot pool. At least one way to resolve the situation would be to go to Town & Country Bowl, 2032 Fulton Ave. Town & Country has 32 bowling lanes, as opposed to South Bowl's 36 and Country Club's 48, but it also has seven pool tables



Bowling

Perhaps because it is inexpensive and sociable, bowling has increased in popularity among college students. Kevin Jones, assistant manager of South Bowl, 5005 Stockton Blvd., said "We've hosted the CSUS intramurals on Tuesdays for the last nine years, and lately the popularity has picked up. Bowling has had an image change — people perceived it as something beer drinkers do on weeknights, but they're (The National Bowling Congress and the Bowling Proprietors Association of America) now promoting it as a family activity. "One thing helping bowling's image is

campus. Located at 2600 Watt Ave., Country club Lanes offers 24-hour bowling, seven days a week — perfect for after the bars close or on those nights when you just can't sleep.

Country Club, like South Bowl, has league bowling each weeknight, so an open lane may be hard to find. Before heading for either alley, it might be a good idea to call first to check for open lanes.

"We'll probably be less crowded around Christmas," said Country Club desk clerk Craig Iaconis, "because people will be out shopping and the leagues won't be bowling. We'll be open all night New Year's Eve, too,

Country Club is the home of the Candle-rock Lounge, a full liquor bar that offers live entertainment Tuesday through Saturday. If one counts an occasional cocktail as indoor sport, Country Club qualifies as a real workout.

Shuffleboard, Snooker

However if rolling a 10- to 16-pound ball down a 60-foot lane isn't your idea of a good time, there's a little place called Seven Pillars Billiards just south of campus at 8294 Folsom Blvd. Seven Pillars has nine pool tables and one snooker table.

Bill Stencik / The State Hornet

and one snooker table. Town & Country even has three dart boards — if you bring your own darts, there's no charge.

Now, when you need to unwind from the stress induced by Christmas shopping, or have become so bored during Christmas vacation that you're actually *looking forward* to school starting again, you have at least a few ideas for something to do. So dust off your three-piece, custom-made pool cue, or tune in a few old episodes of "Flintstones" to brush up on your Fred Flintstone bowling technique, and head for a billiard parlor or bowling alley.

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Photo By Ken Kiplinger

Susan Mihalorits shops at Ski Stalker for ski clothing.

Skiing In Style

By Camille Seiller

The excitement of gliding and tumbling down powdery ski slopes peaks during winter vacations. This anticipation is equalled only by the anticipation of bright colors and racy silhouettes of the latest ski fashions.

This year comfort, protection and great looks combine to offer the best ski wear yet.

The latest fabrics are designed to be water-repellent and lightweight. Gortex is the most popular and high-priced of these materials. At this point, Gortex is used primarily in gloves and shell-jackets.

This year's well-dressed female skier will most likely sport a high-necked parka. The high neck adds a plushness to the parka's appearance.

The one-piece jumpsuit is the height of ski chic for women. Although the suit lacks versatility, they are great for adding glamour to an already well-stocked wardrobe.

Cotton sweaters provide comfort. They feel much better than wool against the skin. Although hats are predominately wool, acrylic bands at the base limit itching.

...acrylic bands at the base limit itching

According to the manager of *Helm of Sun Valley*, a ski shop in Sacramento, there are a few men's parkas that are made of Gortex but as yet it is rarely used in parkas for women.

Four-way stretch fabric is the most popular pant material. It allows for more freedom of motion than the conventional nylon.

One salesperson at *Ski Stalker* said she knows just the gift for the skier who has everything and wants more: Turbo goggles. These goggles by Smith are equipped with a fan for discouraging fog from forming on the lenses, and come with their own battery pack.

Helm of Sun Valley's manager predicts an exciting year for men. "Men's fashions come in brighter colors this year," she said. "The reds and royals make things fun and happy. That's what skiing should be."

Pastels and spring colors add a soft, feminine quality to women's fashions. Purples, pinks and teals dominate the selection. New cotton-blend fabrics add to the soft look.

A majority of stretch pants and overalls come in black and navy. This is true in both the women's and men's styles.

A new ski outfit generally runs upwards of \$300, according to ski shop attendants. But take heart; the clothes don't make the skier. Do they?



Photo By Ken Kiplinger

Susan Mihalorits looks at Ski Stalker's selection of ski equipment.

Special Equipment Helps Handicapped

By Karen Mahan

The mind is the major limiting factor in sports endeavors; psychological challenges are often far greater than physical ones.

For handicapped skiers this is especially true. Doug Pringle, director of the Tahoe Handicapped Ski School says, "Getting the disabled person out on the snow for the first time is the most difficult step we face." After that psychological hurdle, there are few limitations, and today handicapped skiers ski and race at levels as technically advanced as any other skiers.

The concept of successful skiing remains the same no matter who the skier is. If the goal is to center the body over the skis and regulate pressure to produce desired results, then having one leg or two really only changes where the body is centered. Variations in equipment and teaching techniques help amputees overcome the difference in body weight and provide methods of support for the skier.

The Tahoe Handicapped Ski School, a part of the National Handicapped Sports

and Recreation Association (NHSRA), trains instructors to deal with the varied means of disabled skiers. A person with one leg, for example, may need to ski with an adaptive device known as an "outrigger." These tri-trackers ski on one ski and support themselves with two smaller skis attached to metal braces and maneuvered with the arms. Outriggers are also helpful for skiers who have all their limbs, but may not have full control of them, such as victims of cerebral palsy, muscular dystrophy, spina bifida or other handicaps.

There are adaptive devices to fit the needs of more severely handicapped skiers, such as those who are partially paralyzed. For example, the "sit-ski" is just what it sounds like. The skier sits on top of the ski-sled, controls his speed and turns with his arms.

For mentally handicapped skiers, the equipment need not change as much as the teaching techniques. A mentally disabled person may not conceptualize the idea of

pushing his skis apart to form a wedge, but if you tell him you want to ski behind him and get inside his skis, he opens the back of his skis for you, forms a wedge and has mastered the first level of controlled skiing.

The same techniques apply at higher levels of skiing. The idea is to translate the concept into a direct statement. If the skier has a problem with leaning back, thus losing control, the instructor can ski backwards in front of him and tell him, "Push against my hands." This will force the skier to move his body weight forward and alleviate the problem.

Skiing is such a natural sport that once a person feels comfortable on skis and has mastered the first few steps of control, a natural progression is inevitable. One of the delights of working with handicapped skiers is the level of uncontrolled enthusiasm. Success begets success, and the motto of the NHSRA is, "If I can do this, I can do anything."

The value of recreation and sports as

part of the total rehabilitation process for the physically disabled is unprecedented. "We're in the business of showing handicapped people how they can be achievers," says Pringle. "We boost their self-image."

The NHSRA works through existing organizations like the Easter Seal Society, United Cerebral Palsy Society and universities and clubs that encourage participation of the handicapped population. The association provides everything from instructors to inspiration for events the organizations sponsor. The Tahoe Handicapped Ski School will hold its first training clinic for volunteers Dec. 8-9 at Alpine Meadows ski resort. Anyone interested in volunteering is invited to contact Pringle at 989-0402.

Events to watch for during the upcoming season are THSS clinics, the annual Pro Handicapped Races in Winter Park, CO., and the California Special Olympics, hosted by Echo Summit.

Karen Mahan is a PSIA instructor and certified instructor for blind skiers.

Local Ski Shops Offer Quality

By Debra Bogoslovski

Now that the semester is coming to an end, it's time to think about how to spend that long-awaited semester break.

OK, this is Sacramento, two hours away from great skiing, some of you don't have to think about it. You're Tahoe-bound.

But before you get there you need to make sure you have the best ski equipment you can get for the price you can afford.

Money, now that's the biggest problem with skiing. Equipment can be quite expensive when you put together a whole package — skis, boots, poles and bindings.

Being a hard-working college student, you want to get the most for your money. Specialty ski shops in Sacramento can be a great way to find just the right equipment.

Specialty ski shops have several advantages to offer over the mass merchandiser.

According to Chris Cannon of the *Ski Stalker*, "A specialty shop is better to shop in than a mass merchandiser because specialty shops focus on one or two specific products."

In effect, the customer gets more information. This is important when you're shopping for ski equipment. You may be a good skier, but chances are there is a lot about equipment that you don't know. When shopping for new equipment, you count on the salespeople to be knowledgeable about their products. You depend on them to be accurate and honest.

"Our employees know what they're talking about," said Craig Brown of *Goodwin-Cole Sport Shop*.

The salespeople at *Ski Stalker*, "Are all well-informed with the same current information" said Cannon.

Kristee Hinton of *McIntosh's Sports Cottage* said, "When you walk in our store the salespeople aren't jumping all over you, they'll help you find the right item."

The workers at these shops don't work on a commission or sales contest basis, therefore you feel you can believe what they say.

McIntosh's goal is "matching the customer with the ski. We want to find the right ski for the right person at the right price," Hinton said.

Hinton feels that the salespeople at *McIntosh's* are capable of this because, "there is a lot of experience among us. Everyone here knows what ski is what."

"We specialize in skiing, over 50 percent of our business is the ski business," said Brown, of *Goodwin-Cole*. He feels the store's knowledgeable employees add to its efficiency.

"In this business you have to be the best you can be in order to make it work, because you have four months in which to support the business" Cannon said.

By shopping at a specialty shop, you can find everything you need for skiing right in the store. "If we don't have it we try to get it for you" Hinton said. *McIntosh's* focuses on the fact they have a complete line of



Adam Gottlieb/The State Hornet

Comfortable, quality equipment can enhance the pleasure of skiing.

package deal in which you can choose everything needed for skiing — from accessories to equipment.

All three of these shops have a guaranteed fit boot policy. "We'll find you the boot that fits," Hinton said.

Service departments are another advantage of specialty shops. "Our policy with shop work is that you can get everything done today," Hinton said. Because they keep their merchandise year round, Brown said each store sees the "other guy's" problems. "We do excellent shop work because we keep our stock year round, and we employ our technicians year-round, therefore they have gotten good at what they do," stressed Hinton.

"Most people are under the impression that specialty shops are higher priced than mass merchandisers, this isn't necessarily true. Ours are in fact the same or less as the mass merchandiser, with exception to special sales," Brown said.

Credibility is important to specialty shops. "If we do a good job for you, you're going to tell your relatives and friends. We want the repeat customer," explained Brown.

To bring back customers, *Ski Stalker* has a program called *Ski Bucks*. With purchases of over \$200, customers receive coupons which are worth over \$610 in discounts on lift tickets, food and merchandise. They also have a build-your-own

different pieces of equipment from different brands to fill your needs.

At *McIntosh's*, you can trade in, or sell back, your used equipment depending on its condition.

"There is not a whole lot of difference between brands, what is important is matching the ski ability with the skier's ability," Hinton said. In skis, *McIntosh's* carries Elan, Olin, K2, Head and Dynamic. In boots, they have Raichle, Alpina and Koflach.

Goodwin-Cole carries Rossignol, Pre and Fischer skis and Nordica, Lange, Raichle and Alpina boots.

Ski Stalker carries Fischer, Atomic, Rossignol and Pre in skis, and Salomon, Nordica, Raichle and Lange in boots.

According to Cannon, "Salomon is the strongest-selling boot line. Salomon is unique and innovative. They have an extensive research and development department and they spend a lot of money to develop a good boot system."

"Pre is the hottest selling ski in the area," said Brown. However, it is important to remember to buy according to what is right for you and your skiing ability, not according to brand name. "People have a tendency to buy brand name, but what is most important is if the boot fits. The most expensive boot is not necessarily the best fitting boot for you," Brown said.

Specialty ski shops in Sacramento offer an alternative to the high pitched sales of mass merchandisers.

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The Holiday Recipe File

From Pinwheels To Pecan Tasties...



From The Kitchen Of Pastimes:

One tradition during the holidays that continues to be celebrated over the years is gift-giving. Neighbors and friends often give one another baked goods.

This year, along with those cookies and homemade candies, try giving holiday breads for a change of pace.

These recipes are not only delicious but easy to make during that holiday rush.

What's Cooking: LITTLE HONEY LOAVES

2 1/4 cups all-purpose flour
3/4 cup packed dark brown sugar
1 1/2 tsp. salt
1 tsp. double-acting baking powder
1/4 tsp. baking soda

Preheat oven to 350° F. Grease and flour three 5 1/2-inch by 3 1/4-inch loaf pans or one 9-inch by 5-inch loaf pan. In bowl, mix first five ingredients. Cut shortening into mixture with two knives until it resembles coarse crumbs.

In small bowl with fork or wire whisk, beat eggs, milk, honey, and lemon peel until well-mixed. Stir honey mixture into flour

1/3 cup shortening
2 eggs
1/2 cup honey
2 tsp. grated lemon peel

mixture until flour mixture is moistened. Spoon batter evenly into loaf pans. Bake small loaves 40 minutes, large loaf one hour or until toothpick inserted into center comes out clean. Cool bread in pans 10 minutes, then remove from pans completely. Makes three 1/2-pound loaves or one 1 1/2-pound loaf.

What's Cooking:
6 cups all-purpose flour
1 tbsp. salt
4 tsp. double-acting baking powder
2 tsp. baking soda
2 tsp. ground cinnamon
1/2 tsp. ground cloves
4 eggs

Preheat oven to 350° F. Grease two 9-inch by 5-inch loaf pans. In large bowl with fork, mix first six ingredients. In another large bowl with fork, beat eggs with pumpkin, brown sugar, cider, and oil until well blended. Pour pumpkin mixture into flour mixture just until flour is moistened.

Gently stir raisins and walnuts into batter; spoon evenly into loaf pans. Bake one hour and 10 minutes or until toothpick inserted into center comes out clean. Cool in pans 10 minutes, then remove and cool completely.

PUMPKIN-RAISIN NUT BREAD
1 29-ounce can pumpkin
1 10-ounce package brown sugar
1/4 cup salad oil
1 cup dark seedless raisins
1/2 cup chopped walnuts

What's Cooking:

1/4 lb. butter
1/4 lb. Imperial margarine
1/2 cup sugar

Buy 13-oz. can mixed nuts with peanuts. Rinse salt off in colander. Drain thoroughly. Spread on cookie sheet with sides and toast for 20 minutes. Shake pan frequently. Toast at 250° F. Cool. Grind nuts.

Mix butter and margarine together by hand. Add sugar gradually. Blend in vanilla. Add nuts, one cup at a time. Blend in flour using 2 cups. Set aside 1/4 cup until needed.

If dough is sticky, add the 1/4 cup flour a

MIXED NUT COOKIES

2 tsp. vanilla
2 cups ground mixed nuts
2 1/4 cups flour

little at a time until dough leaves sides of bowl. Dough should be light and spongy.

Shape dough into large ball. Pinch off pieces the size of a walnut, place on slightly greased cookie sheet and flatten ball with fork to size of vanilla wafer.

Bake at 350° F about 10 minutes until light golden brown. While still warm, sprinkle cookies with powdered sugar.

What's Cooking:

1 3-ounce package cream cheese
1/2 cup margarine
1 cup flour
1 egg
3/4 cup brown sugar

Cheese Pastry: Let cream cheese and margarine soften at room temperature, blend together. Stir in flour. Chill dough slightly, about one hour. Shape into 2 dozen 1-inch balls; place in tiny ungreased 1 1/4-inch muffin cups. Press dough against bottom and sides of cups.

Pecan Filling: Beat together egg, sugar, 1

PECAN TASTIES

1 tbsp. soft butter
1 tsp. vanilla
dash of salt
3/4 cup coarsely broken pecans

tbsp. butter, vanilla and salt until smooth. Divide half the pecans among the pastry-lined cups; top with egg mixture and place remaining pecans on top. Bake at 325° F for 25 minutes or until filling is set. Cool completely in pans. Loosen carefully with dinner knife and remove gently. Store in covered container.

What's Cooking:

1 1/4 cups flour
1/2 tsp. baking powder
1/4 tsp. salt
1/2 cup butter or margarine
1/2 tsp. vanilla
3/4 cup sugar

Stir together flour, baking powder, and salt. Set aside. In a large bowl cream butter and sugar. Then beat in egg. At low speed, stir in flour mixture just until well blended. Place half the dough in another bowl. Stir in chocolate, mix well, set aside.

To remaining dough, add extract and pecans; mix well. Between two large sheets of waxed paper, roll out each dough to 11 x 9 inch oblong. Roll dough lightly. Slide onto

CHOCOLATE PINWHEELS

1 egg
1 square (1 oz.) unsweetened chocolate, melted
1/4 tsp. almond extract
1/3 cup pecans, chopped fine

cookie sheets and chill about 15 minutes. Peel off top sheets of paper. Carefully invert chocolate oblong over white, lining up edges. Remove top sheet of paper. Starting at long side, roll tightly and evenly as for a jelly roll. Wrap roll in waxed paper and chill (overnight) until very firm. Slice 1/4-inch thick and place 1 inch apart on ungreased cookie sheets. Bake in 350° F oven 10-12 minutes or until edges are golden. Yield: Approximately 56.

Warm wishes for

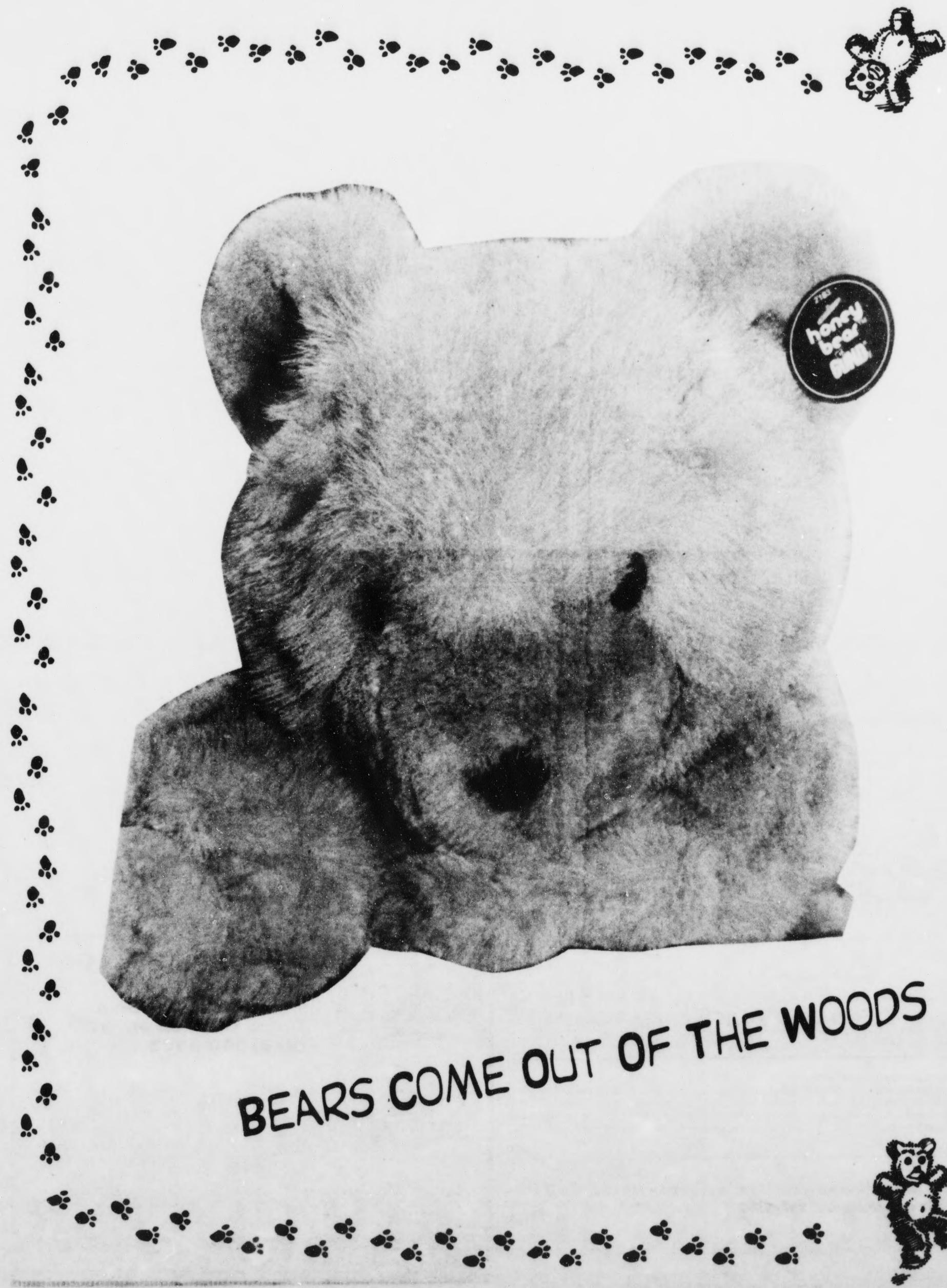
**Happy
Holidays**

From
YOUR



STUDENT HEALTH CENTER







By Cheryl A. Fallstead

It was a big day for everyone there. It's not every day when such celebrities come to Sacramento. First they were interviewed on "Look Who's Talking," then they were whisked to the downtown Weinstock's store to meet their fans. They signed hundreds of autographs.

The celebrities were not movie stars or personalities recognizable to the general public. But to a certain kind of collector, Bialosky, famous for their *Teddy Bear Catalog*, *Teddy Bear* calendars, Bialosky Bears and assorted teddy bear paraphernalia.

The Bialoskys can be considered a symbol of the teddy bear that is sweeping across our nation and abroad. When they visited Weinstock's last month, people of all ages and both sexes stood in line to have their bears, books and calendars autographed by two of the most famous bear experts.

Due to their current popularity, teddy bears make great Christmas presents for

almost everyone. Bialosky Bear himself is a recreation of a Steiff Teddy from the early 1900s, and according to Michael Luckman, the Gund representative, Bialosky sells well for both men and women. Gund has made stuffed animals for 86 years.

Another Gund bear that is popular with men is "Abiner Smoothie," also known as "The Last Elegant Bear," made famous by a book by the same name. Abiner comes dressed in a red satin robe with his own stuffed rabbit, Puppy, and his favorite snack, a chocolate chip cookie. Smaller versions of Abiner come without the extras, but are still lovable.

Not all bears are brown and fury. North

Photo By Cheryl Fallstead
Consistently well-dressed, Bialosky Bears are always popular Christmas gifts

American Bear Company makes a popular line of bears headed by Albert, The Running Bear, who comes dressed in a jogging suit and tennies. They also have a line of celebrity bears such as "Lauren Bearcall," "Humphrey Beargart," and William "Shakesheare," who are made of bright colors and are dressed extravagantly. Others are a "Bearman of the Board," "Kareem Abdul Jabbar" and "Elvis Bearsley." Bob's Toyland in Town and Country has a great selection of foreign and American bears. Steiff bears from Germany are considered the Cadillac of teddy bears. The bears are made of high quality materials and have the added advantage of being asso-

ciated with the very beginnings of teddy bears, since Steiff competes with Ideal Toy Company for the prestige of being the original bear makers.

Not all bears are manufactured by time-honored firms. Teddy bear making is a booming cottage industry and is producing a wide selection of beautiful bruins. Jeanne's Place in Fair Oaks is the best in the area for handmade bears.

Teddy bears are so highly associated with Christmas, the White House used Steiff bears to decorate last year. The staff then purchased the bears, which had been on loan, because Mrs. Reagan planned to use them again.

Teddy bears are in style, and it looks as though they plan to stay that way. What better way to combine nostalgia, comfort and love than in a teddy bear for Christmas?



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Gifts For The Naughty And Nice

By Tina Schardt

When shopping for Christmas gifts this year, instead of hitting up the run-of-the-mill shopping malls with the run-of-the-mill gifts, try downtown Sacramento. You may be surprised at what it has to offer. Listed below are only a few of the many one-of-a-kind shops located downtown, all within walking distance of each other.

How Tacky 2525 J Street

Owner Pamela Zeff describes *How Tacky* as a "funky five and dime store—sometimes it follows trends, sometimes it sets trends." If you have a funky trend-setter on your gift list, *How Tacky* can fill the bill.

One of Zeff's favorite gift items at *How Tacky* are the miniature reproductions of 1950 Buicks and Cadillacs. According to her, car dealers used to give away minatures when you bought the car. These make perfect gifts for car fanatics or great items for executive's offices. They sell for \$40.

This Christmas season Zeff is expecting a whole line of nostalgia items which consist of reproductions of such 1950s items as ashtrays, springulator cigarette cases and serving platters.

Art Deco items at *How Tacky* include frames, clocks, cups and saucers, banks, mirrors, and salt and pepper shakers.

Any avid hitchhiker could use a pair of Freeway Gloves. They're solid red except for one strategically placed white finger. For little or big boys there is Potty Pot Shots, (a toilet target game involving the sinking of paper ships floating in the toilet bowl) and Sperm Banks. Zeff says the banks make a great baby shower gift and even had one customer come in and buy one for a guy who just had a vasectomy.

How Tacky also carries Christmas gift wrap, non-traditional Christmas cards and lots of electric light-up jewelry.

Mixed Bag 2322 K Street

Mixed Bag could not be a more appropriate name for this shop. Every inch of space is filled with merchandise. "The most unique thing about the shop is that I've never seen anything like it," said owner Susan Larsen. "When I opened the store I wanted to provide a kind of one-stop shop. I like to send people out of here totally ready; wrapped, be-ribboned, and carded."

At *Mixed Bag* you can tailor a gift to fit the recipient. Just grab one of the many baskets, fill it with items ranging from bath products, to mugs, to jewelry, put a ribbon around it and you're ready. If you're on a tight budget you can package your homemade goods in one of the many Christmas tins available with prices starting as low as \$1.

A majority of the items at *Mixed Bag* are in bulk, such as candy, tea, coffee, potpourri and bath products. This allows customers greater freedom in choosing the variety and amount of products they want. It also has kitchen towels, pot holders, cooking utensils and specialized cookbooks such as *Brides First Cookbook*.

Wine always makes a good gift, but often looks like you just grabbed it off the shelf on your way over (which usually happens to be the case). *Mixed Bag* has a wide selection of bottle bags to dress them up. The store also carries stuffed animals,

T-shirts, cards, stationery, gift wrap, boxes and Christmas ornaments.

West of the Sun 2131 K Street

West of the Sun is basically a hat and accessory shop that also carries some gifts. All of the hat work is done at *West of the Sun* and it has orders coming in from as far away as San Francisco. According to Laurie, one of the store's employees, people come in and write up their own specifications as to what they want in a hat. As far as she knows, *West of the Sun* is the only shop in the area to do this.

The biggest seller in women's hats right now are berets and men's caps. "A lot of people are getting more comfortable with wearing hats," said Laurie.

They have a good variety in their selection of hats, including some elegant hats for the holiday party season. The holiday hats are trimmed with either net, rhinestones, sequins, burnt ostrich or maribou feathers. The prices start at \$30. *West of the Sun* also carries men's hats and ties.

A hot item in accessories this season is gloves. *West of the Sun* has some very fashionable gloves in black leather with red and royal blue cuffs, purple leather with grey cuffs and an assortment of solid colors in red, brown, taupe and royal blue. These are a great gift idea for only \$28.

For men there are driving gloves in suede or leather, starting at \$17, along with leather neckties, bow ties, wallets and desk accessories.

Other unique gift ideas are wine glasses and containers in frosted Regis Glass—that are hand painted and available in assorted pastel colors.

For The Christmas season, *West of the Sun* has chocolate advent calendars, hand blown ornaments made from the ashes of Mount St. Helens, cards and gift bags.

Willie's Playground 2527 J Street

Often called "America's only G-rated Adult Toy Store," *Willie's Playground* has something to bring out the kid in everyone. Along with the usual supply of over 100 varieties of wind-up toys, *Willie's* has a new robot called "Alien 1" selling for \$33.95. Standing a little over one and a half feet high, the robot is operated by remote control through which you can transmit your voice to the robot as it travels through the house.



Illustration By Elizabeth Mae

How Tacky

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In order to "catch-up" on required classes for graduation, some CSUS students have to put up with the weather during winter intersession.

Surf, Sand, Snow or Slopes, Take Flight This Winter

By JoAnne McDougal

As the fall semester winds down to a close at CSUS, two things remain constant in the minds of most students: finals and winter break.

Winter break is that one month breather away from books, problem sets and term papers that students eagerly start to look forward to around Thanksgiving.

Beginning Dec. 21, CSUS students will either go home, go skiing or go to Hawaii for their winter break, according to Rocky Soudan, the assistant manager of University Travel. Located on the south side of campus next to the University Union, "University Travel offers trips anyplace anyone wants to go," said Soudan.

According to the travel agent, "A lot of people are going to Denver and Idaho (for skiing). Air fare to Denver can be as low as \$100 each way, while Boise is only \$134.50 each way. Denver, however, is the least expensive place outside of California to go skiing."

The Lake Tahoe area is another option for students who want to ski. A group of students (at least six) who plan to go to Lake Tahoe for a vacation should rent a condominium said Joan White, the owner of J.M. Travel. "A condo is the best way to go because you can cook your own meals," White said. People who stay in hotels have to pay extra for eating out, which is an

added cost to their vacation. Prices for renting a condominium start around \$300 and go up in price depending on the location.

If skiing, ice skating and other winter sports are not your forte, inexpensive trips to Hawaii, Mexico and Rio De Janeiro are offered by hotels and airlines during winter break.

A student can spend seven nights in Honolulu for as low as \$389, White said. "There's a lot of competition between Mexico and Hawaii. That's how they can afford to give lower rates," explained White.

For students who want to go somewhere a little more exotic than Hawaii, trips to Rio de Janeiro start as low at \$499 for seven nights. This trip departs from Los Angeles and includes round trip air fare and hotel accommodations in the \$499 price.

OK, so you enjoy the sunshine but a vacation in Rio de Janeiro does not agree with the balance in your checkbook. Try San Diego.

This is becoming a popular place for college students to flock to during winter break. A round trip ticket for \$130 and a hotel room for at least \$45 a night will get you all the sunshine you have ever wanted without leaving California.

Play "Catch-Up" During Intersession

By Steve Callagy

Charlene McCormick is a senior at CSUS. She would like to graduate in May next year but cannot handle 19 units while working.

Maggie Deering is a nursing student at Sacramento City College. She wants to come to CSUS next semester, but can't get into the program until she earns five more units.

Mary Mitchell planned on graduating next month. However, one misplaced unit may alter her plans.

Luckily for these three students, CSUS has a safety valve.

For \$62.50 per unit, winter and spring intersessions are available for students like these in dire straits. For 10 years, courses offered in three- or six-week sessions have allowed students to accelerate their academic programs or improve on deficient records.

Special Sessions Coordinator Laurel Morris said intersession is a positive program which serves more than 4,000 students each semester.

"We get letters from around the world," Morris said. "Some students who live with their parents here during the summer enroll

for a session, then go back to whatever school they came from. Units transfer easily and it saves the parents some money, too."

The fee for intersession is relatively expensive (like that for the Writing Proficiency Examination) because like the WPE, the program is self-supportive. However, the fee isn't discriminatory: non-residents pay the same as residents.

Mary Lopez, the director of marketing for student learning, likes the program for its ability to enable students to accelerate through general education and quickly gain their last few units before graduation.

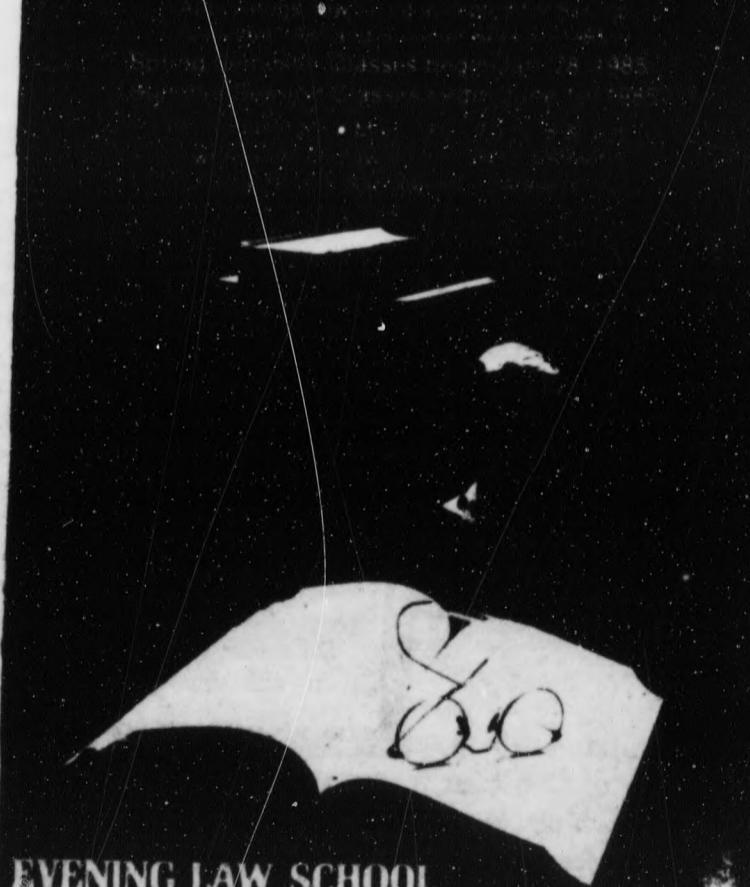
"We have programs designed especially for business and engineering students," Lopez said. "But without petitions, five units is the limit for the three-week programs and nine units for six weeks."

Intersession begins at CSUS in January, 1975 with 20 courses. Now, 50 courses are offered five days a week, 50 minutes per course, from 7:30 a.m. to 10 p.m.

Registration for the January intersession began Dec. 3 in the registrar's office. Information on the summer intersession will be available after February 1985.

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There's A Christmas For Every Culture

Joy To The World

By Alice Garcia and Debbie Rich

Mexico

"Feliz Navidad" is how they say "Merry Christmas" in Mexico. The Christmas celebration south of the border begins on Dec. 16 and ends Jan. 6.

Mexican vendors display their wares two weeks before Christmas. Finely crafted religious pottery, baskets, toys and special pinatas decorate the marketplace in holiday spirit.

Instead of a Christmas tree, Mexicans display Nativity scenes in their homes. Wax and clay figures of the Holy Family are carefully arranged on green moss with colorful pampas plumes.

The Posadas, and not Santa Claus, are the highlights of the Mexican Christmas celebration. The Posadas starts on the night of Dec. 16 and continues for nine nights, the last being Christmas Eve. The word "Posada" means inn or lodging-house and refers to the inn at Bethlehem in the story of the Nativity.

The Posadas begin each night with two children carrying figures of Mary and Joseph. A procession is formed, which leads to a different room in a chosen home each time, but at each home they are refused a room.

Finally, they are allowed to stay in a room decorated as a manger. The figures of Mary and Joseph are placed until the ninth day of the Posadas, Christmas Eve. On that night, one of the children in the procession carries the figure of the infant Jesus and places Him in the manger, symbolizing the birth of Christ.

When all the religious ceremonies are over, the celebration begins with the breaking of pinatas.

Christmas Day is usually quiet compared to all that happens before Christmas Eve. On this day family and friends gather to eat and visit, but no gifts are exchanged.

Mexican children don't hang out their stockings as American children do. On the Eve of Epiphany, Jan. 6, they leave their shoes at the foot of their beds for gifts from the three Magi, who made the legendary trip to visit the baby Jesus.

We are all familiar with the common symbols of Christmas in the United States. But what is Christmas like in such places as Japan, Norway, or Germany. Let's find out and spend a few moments visiting far away lands at Christmas time.

Norway

In Norway, Christmas has become an integration of ancient Norwegian customs and Christian ritual.

Christmas in Norway is a two-week celebration. During this period, cooking and cleaning are major preparations for Christmas Eve. On Christmas Eve, all work ceases in the afternoon and the celebration begins.

The table is set and fare is traditional. Although meals differ from district to district, like most countries the feast is of fish, pork cutlets or sausage and rice porridge.

After dinner, the head of the family reads the Lord's Prayer and then the family moves to the living room to admire the Christmas tree. The tree, which is brightly decorated with tinsel, colored paper and Norwegian flags, is a new custom in Norway. Before the tree, the Yule log was the main attraction. A Yule log was a whole tree which was dragged into the room with the butt rested in the fire place. This tree was burned throughout the entire season.

Santa Claus is also a New Norwegian custom. Christmas gifts were formerly handed out by the head of the family. However, the popularity of Santa Claus in the United States and St. Nicholas in England lead Norway to adopt a figure called Julesvenn. Julesvenn or Julenissen was an ancient Norse figure who, on Christmas Eve, would hide a tuft of lucky barley stalks in the house to be discovered. Now he brings gifts on Christmas to delight the children.

Christmas Day is a day for church in Norway, as families flock toward shrines of worship. After church services there is a general shaking of hands and exchanging of Christmas greetings. Then it's home again to feast.

The holiday season usually lasts through January with parties and general celebration.

Sometimes the Christkind is joined by St. Nicholas, or Knecht Ruprecht, who both question the children and parents about the children's behavior.

Italy

"Buone Feste Natalizie" is the Holiday greeting in Italy. This saying, along with feasting and worshipping, best represents the Italian Christmas.

In Italy, Christmas is a family affair; social gatherings are limited to very close friends in a quiet serenity. Gifts are also kept within the family. These are brought by Gesu Bambino, the Christ Child, not Santa Claus.

Food varies among different regions, but falls into two categories: The "pranzo della vigilia" — the Christmas Eve dinner which is meatless — and the Christmas Day dinner, which is strictly meat.

For Christmas Eve, female eel is served. And for Christmas day, tortellini in brodo (broth) is most popular. In other parts of Italy, turkey and pork are also favorites for Christmas day.

Christmas in Italy is truly a holy day — as well as a holiday, during which cheers and rejoicing have not lost their meaning — a celebration of the birth of Christ.

Japan

Christmas is not widely celebrated in Japan, but Japanese Christians know that "Meri Kurisumasy" means Merry Christmas.

Christmas is another day to most Japanese. It is only the moderns who display Santa Claus, tinsel, lights and other symbols of the western holiday.

There are very few families in which every member is Christian, therefore Christmas is spent helping others.

One of the most common holiday gestures is to visit the sick in hospitals. There, young Christians decorate whatever space is allowed with a small tree and other Christmas objects.

Japanese Sunday school students are chosen to sing carols for the patients, to recite Bible passages, and to put on short dramas or Bible pantomimes. Finally there are cakes and candies for patients and the entire hospital staff.

On Christmas Eve, Sunday schools put on long, elaborate programs and sing carols for audiences. On Christmas Day, awards and pins as well as other gifts for perfect attendance are given out to students.

Foreign Students Celebrate Their Own Way

By Sara Albiach

The word *Christmas* brings a lot of happy and pleasant images to our minds—images of families getting together and decorating the tree, images of people exchanging presents with their loved ones. Although the family structure seems to be gradually becoming weaker in Western societies, Christmas seems to bring it back to life.

The Christmas season is especially important for those who are not able to spend a lot of time with their families throughout the year. Such is the case with foreign students.

Venezuelan Yadira Morales, 23, is one of those students anxious to go back home for the holidays and share her experiences with family and friends. She said that in Venezuela, Christmas is the same as here. There are no differences in the way the holiday is celebrated. Morales has been in the United States for three years. This is her second year at CSUS and she is a senior majoring in business administration.

Luis Meseguer, from Madrid, Spain, also has plans to go back to his country for the holidays. Meseguer, 22, is a CSUS freshman

majoring in business administration. He has been in Sacramento since school started and likes it here. But Christmas is Christmas and he will travel a long way to spend the special

D.C. for about one year and has been in Sacramento for two months. He said, even though he has established his life here, he still misses his family and friends in Spain.

The Christmas season is especially important for those who are not able to spend a lot of time with their families throughout the year. Such is the case with foreign students.

day the way one is supposed to.

However, his compatriot, 23-year-old Eduardo Santos, also from Madrid and a business student has no intentions of going back to his country for the Christmas season. He is married to an American and plans to spend the holidays here with her and her family.

Santos has been in the United States for fifteen months. He lived first in Washington,

"In Christmas we get together with friends and stay out until two or three in the morning. Here, you stay home with your family and that's it. At nine or 10 o'clock everybody goes to bed," said Santos. "I like it here, but sometimes I miss Spain and my people," he added.

Annette Laing, a CSUS sophomore majoring in journalism, will travel to her homeland, England, to spend four weeks

with her family "watching TV, eating lots of food and doing the kind of things I won't have the chance to do for another couple of years."

Laing is anxious to go home. She hasn't seen her family for a long time. Last year, she spent the holidays with the host family she stayed with when she first came to the States as an American Field Service exchange student. She said Christmas is not the same when you are away from home.

"Don't get me wrong. People have been really nice to me here," said Laing. "But it is a lot nicer to be with one's family and open all the gifts at home in the morning with them."

Some CSUS foreign students look forward to going to their homelands to share Christmas joy with their families and friends. Others aren't quite so lucky. To those who are staying, make the best of it! There is a Christmas here, too, just as good as the one in your country—take advantage of it. Have fun, eat lots of candy, (forget your diet), and remember to give your family a call.

Give Snow A Chance

By Tom McCandless

Granted, the chances of it happening in Sacramento are better than an snowball in Hell. Not by much, though.

The last time it happened in Sacramento was on February 6, 1976.

I was in eighth grade, a paperboy for the *Sacramento Union*, which meant I had to get up at 5 a.m. every day. That day was particularly memorable, however.

Staggering out of bed, I managed to wander to the window and look out, as I normally did, searching for my bundles of newspapers. What I saw was not normal. "Am I dreaming?" I asked myself.

"It's snow!!!"

It looked beautiful as it flurried to the ground and stuck on an already white lawn. I saw it, but I wasn't satisfied. I had to feel it, touch it, taste it, make a snowball. Forget the jacket, I didn't care if it was freezing, I made my way outside in just my pajamas.

"It's snow all right."

I quickly delivered my newspapers and got back home in time to wake my brothers for school. I formed a snowball and took it into my younger brother's bedroom and proceeded to wake him up. I showed him the snowball and invited him to make his own observation of it.

"You got that out of the freezer!" he suggested.

Thinking it was a prank, he closed his eyes to get a little more sleep.

"It's snow," I said "look outside."

• • • • •

By the time the first recess bell rang at school, the snow had stopped falling and the whole school got an extended recess to play in the powdery stuff.

By lunch recess, the green grass was showing more than the now slushy snow, which was melting quickly since the sun had penetrated the clouds earlier in the morning.

By the time the dismissal bell rang, all of the snow had melted away and I could only hope the coming night would yield more of the white flakes.

Not to be. Not that week, nor the rest of that winter.

With each passing winter I hoped that the next one would produce some white stuff other than frost in my hometown.

That Feb. 6 was the most memorable day of all my winters. It was a day in reality meant only for dreams.

In that case, I guess I could say I'll be dreaming again this winter. I'd gladly give a snowball a chance in Sacramento.

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